

Your Shopping List - Week One

This list contains all the grocery items you'll need for the *entire month*. Some of these you may already have. Those printed in blue will last for several months

DAIRY	Quantity	GROCERY (packets/jars/bottles)	Quantity
Butter unsalted	250g	<i>Knorr</i> touch taste vegetable	One
Crème fraîche	200ml	<i>Knorr</i> touch taste chicken	One
Double cream	250ml	<i>Knorr</i> touch taste fish	One
<i>Castelli</i> mascarpone	250ml	Tomato puree 200g	One
<i>Gran Padano</i> parmesan	100g	Chopped tinned tomatoes 400g	Six
Milk	Pint	Artichoke hearts in brine 400g	One
FISH		<i>Maggi</i> coconut powder 350g	One
Salmon fillets skinless/boneless	400g	<i>Conimex</i> ketjap manis soy sauce 125ml	One
Cod loin fillets	400g	<i>Blue Dragon</i> sweet chili dipping sauce 150ml	One
Squid	500g	<i>Squid brand</i> or <i>Blue Dragon</i> fish sauce 725ml	One
MEAT		<i>Sunpat</i> smooth peanut butter 227g	One
Chicken legs 4 in pack	One pack	<i>Maille</i> Dijon mustard 215g	One
Chicken breasts 2 in pack	One pack	Corn flour 250g	One
VEG / HERBS / SALAD		Soft brown sugar 500g	One
<i>Desiree</i> potatoes	1.5kg	Caster sugar 500g	One
Garlic bulbs	Two	DRIED HERBS & SPICES (jars)	
Onions	One	Black peppercorns	One
Cabbage (white & green)	Half each	Regular table salt	One
Carrots	100g	Dried thyme	One
Sugar snap peas	100g	Ground coriander	One
Chestnut mushrooms	250g	Juniper berries	One
Bunch spring onions	One	Cayenne pepper	One
Tomatoes medium/large	Two	Star anise	One
Cucumber	Half	<i>Gourmet Garden</i> ginger	One
Bag rocket leaves	One	MISCELLANEOUS	
Lemons	One	Plastic container packs	Many
Limes (large)	Two	Tin foil roll	One
Basil	50g	Cling film roll	One
Coriander (large bunch)	One	Kitchen towel	One
Parsley (large bunch)	One		
Ginger	35g		
Red bird eye chilies 20g pack	One		
FROZEN			
<i>Birds Eye</i> petit pois 640g	One		
ALCOHOL			
Bottle Martini extra dry vermouth	One		
Bottle full bodied red wine	One		
VINEGAR / OIL			
Sunflower oil 2 liter	One		
Basic olive oil 1 liter	One		
<i>Carapelli</i> extra virgin olive oil 500ml	One		
<i>Yutaka</i> rice vinegar 150ml	One		
DRY GOODS (packets/tubs)			
Old El Paso tortilla wraps 6	One		
Couscous 500g	One		
Arborio rice 500g	One		
<i>Tilda</i> basmati rice 1 kg	One		
<i>Sharwood</i> rice noodles 250g	One		
Spaghetti 10 minute cook variety 1 kg	One		

Your Shopping List - Week Two

DAIRY	Quantity
Crème fraîche	500ml
Mature cheddar cheese	50g
MEAT	
Chicken thighs 6-8 in pack	One pack
Chicken breasts 4 in pack	One pack
Minced lamb 500g	One pack
Mince beef 400g	One pack
VEG / HERBS / SALAD	
Garlic bulbs	Four
Onions	Five
Courgette	250g
Red pepper	One
Washed spinach leaves 300g bag	One
Fine beans	100g
Mushrooms closed cup	250g
Mixed salad bag	One
Avocados	One
Lemons	Two
Limes	One
Fresh mint leaves	25g
Basil	25g
Coriander	100g
Parsley	40g
FROZEN	
Assorted seafood selection 400g	One
DRY GOODS (packets/tubs)	
Porcini mushrooms 40g	One
Old El Paso tortilla wraps 6	One
Couscous	One
GROCERY (packets/jars/bottles)	
Half dozen free range eggs medium size	One
<i>Knorr touch taste beef</i>	One
<i>Gourmet Garden chili</i>	One
Tomato puree tube	One
Tomato passata carton	One
Chopped tin tomatoes 400g	Four
Anchovy fillets in oil 50g	One
<i>Crespo green pitted olives 198g</i>	One
<i>Crespo black pitted olives 397g</i>	One
<i>Delicia baby capers 75g</i>	One
DRIED HERBS & SPICES (jars)	
Saffron strands	One
Crushed chili flakes	One
La chinita smoked paprika	One
Ground cumin	One
Garam marsala	One
Ground cinnamon	One
Ground coriander	One
Turmeric	One
Cloves	One
<i>Natco tamarined concentrate 300g</i>	One
Dried oregano	One

Your Shopping List - Week Three

DAIRY	Quantity
Crème fraîche	500ml
FISH	
Salmon fillets skinless/boneless	300g
Large raw peeled prawns	300g
MEAT	
Top quality pork chipolatas	One pack
Smoked streaky bacon 250g	One pack
Chicken thighs 6-8 in pack	One pack
Chicken breasts 2 in pack	One pack
Diced shoulder lamb	400g
VEG / HERBS / SALAD	
<i>Desirée</i> potatoes	1.5kg
Garlic bulbs	Two
Onions	One
Courgette	One
Carrots	One
Extra fine beans	100g
Bunch spring onions	Two
Small punnet cherry tomatoes	One
Bag of crisp green salad leaves (romaine)	One
Bag of mixed salad leaves	One
Avocado (large)	One
Mango (medium)	One
Oranges	Two
Lemons	Three
Limes	Three
Fresh dill	15g
Coriander	75g
Parsley	90g
Ginger	25g
Green bird eye or finger chili pack	One
DRY GOODS (packets)	
Apricots ready to eat 100g	One
Pine nuts 100g bag	One
500g semolina	Optional
GROCERY (packets/jars/bottles)	
<i>Lee & Perrins</i> Worcestershire sauce 150ml	One
<i>English Provender</i> caramelized onions 200g	Optional
Quality mayonnaise – Delouis Fils is good	One
Chopped tin tomatoes 400g	One
<i>Fregata</i> green peppercorns in brine 117ml	One
Pine nuts 100g bag	One
DRIED HERBS & SPICES (jars)	
Gourmet Garden lemongrass	One
Kaffir lime leaves	One
All spice	One

Your Shopping List - Week Four

DAIRY	Quantity
Crème fraîche	500ml
FISH	
Salmon fillets skinless/boneless	400g
MEAT	
2 veal escalope's 200g each & 5mm thick	One pack
Diced pork belly, shoulder or spare rib	2kg
Premium pork & herb sausages – see below	One pack
Chicken breasts 2 in pack	One pack
VEG / HERBS / SALAD	
Garlic bulbs	One
Red onion	One
Pak choi	200g
Carrots	Three
Sugar snap peas	50g
Red pepper	One
Extra fine beans	100g
Mange Tout	150g
Baby corn	50g
Bunch spring onions	One
Plum tomatoes (small punnet)	One
Butternut squash	100g
Lemons	Two
Limes	One
Ginger	10g
Parsley	25g
Basil	25g
Coriander	75g
Tarragon	25g
FROZEN	
<i>Mc Cain</i> Southern fries 907g	One
Pair of pop sox	One
ALCOHOL	
Bottle pale dry sherry or <i>Shaoxing</i> rice wine	One
DRY GOODS (packets)	
<i>Sarwood</i> egg noodles 375g	One
GROCERY (packets/jars/bottles)	
<i>Kikkoman</i> soy sauce 250ml	One
DRIED HERBS & SPICES (jars)	
<i>Gourmet Garden</i> Garlic	One
Cinnamon sticks	One
Onion seeds (kalonji / nigella seeds)	One
Whole cardamom pods	One
Chinese 5 spice	One