

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 |
| courgettes | 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 |
| GROCERY | |
| half dozen free range eggs medium size | one |
| | |
| ESTIMATED TOTAL COST | £38.00 |

Prices accurate at time of going to print