

## Shopping List for Isolation week 2: Cheryl at [www.your-nutritionist.com](http://www.your-nutritionist.com)

This meal-plan is for two adults (one vegetarian and one pescatarian) and two boys with large appetites!

<b>Dry, canned and jarred foods:</b>		<b>Frozen Foods:</b>	
Almond butter	1 jar	Spinach	1 bag
Almonds	150g bag	Berries (blueberries, cherries or a mixture)	1 bag
Basmati Rice	500g bag	Broad beans	1 bag
Biscottes (toasted whole-grain bread)	1 x 240g pack	Peas	1 bag
Cans of baked beans (mine are butter beans Italian style)	1 can	<b>Fruit and Vegetables:</b>	
Chick peas, dried	500g bag	Apples	8
Chopped tomatoes (canned)	3 cans	Avocados	1 (approx 150g)
Flour, wholegrain preferably	500g	Broccoli	3 heads
Jam (for snacks)	1 jar	Carrots	10
Lupin or quinoa flour (or any other flour will do)	60g	Celeriac	1 (approx 900g)
Oatcakes (or other wholemeal crackers: for snacks)	2 boxes	Clementines	8
Oats	1 bag (500g)	Cucumber	1
Olives	2 bags (200g each)	Fennel	2 bulbs
Palm hearts, canned	2 cans (200g drained)	Garlic	1 bulb
Quinoa	500g bag	Ginger root	1 medium piece (8cm)
Mixed dried beans for minestrone (chick peas, cannellini beans, borlotti beans, split peas, red lentils)	250g	Green beans	200g
Red lentils	1 pack (300g)	Onions	3 large (approx 140g each)
Spaghetti	1 pack (500g)	Potatoes	1kg
Sunflower seeds	200g pack	Red cabbage	1 (approx 900g)
Tahini	1 jar	Savoy cabbage	1 (approx 900g)
Tofu	2 packs (200g each)	Fresh herbs (parsley, rosemary, thyme)	2 bunches
Vegan pâté: jars of approx 180g	2 jars	<b>Store cupboard essentials</b>	
Whole-grain rice	500g bag	Apple cider or balsamic vinegar	1 bottle
<b>Chilled Foods:</b>		Baking powder	
Camembert or other cheese	As per normal habits	Chia seeds	
Eggs	Approximately 10	Coconut oil	
Milk (almond or normal)	2 bottles (1litre each)	Cumin seeds	
Parmesan, or other hard cheese	400g	Dijon mustard	
<b>Meat (only my 2 kids eat meat):</b>		Grape seed oil	
Burgers (steak haché: grass fed beef)	4	Ground cinnamon	
Sausisson	½	Ground ginger	
		Olive oil	We use 1litre per week
		Sea salt or himalayan salt	
		Soy sauce	