

Shopping List for Isolation week 1: Cheryl at www.your-nutritionist.com

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

Dry, canned and jarred foods:		Frozen Foods:	
Almond butter	1 jar	Spinach	1 bag
Almonds	150g bag	Berries (blueberries, cherries or a mixture)	1 bag
Basmati Rice	500g bag	Peas	1 bag
Biscottes (toasted whole-grain bread)	2 x 240g packs	Fish fingers	1 pack of 16
Bread sticks	2 bags	Fish fillets	4 fillets (approx 500g)
Canned tuna in olive oil	4 cans		
Cans of beans (kidney/white beans, chick peas)	1 can of each	Fruit and Vegetables:	
Chopped tomatoes (canned)	2 cans	Apples	1.5kg (approx. 12)
Flatbreads	1 bag of 6 flatbreads	Avocados	4 (approx 150g each)
Lentils (green or puy – for sprouting & veggie alternatives)	160 bag	Beetroots	3 average sized
Lupin or quinoa flour (or any other flour will do)	60g	Broccoli	3 heads
Mayonnaise (vegan or normal)	1 jar	Cabbage (savoy or red)	1 large (approx 700g)
Oat cakes (or other wholemeal crackers)	1 pack	Carrots	1.5kg
Oats	1 bag	Celeriac	1 (approx 900g)
Quinoa	500g bag	Clementines	1kg (approx. 12)
Red lentils	160g	Cucumber	2
Ryvita	1 pack	Garlic	1 bulb
Sunflower seeds	200g pack	Leeks	8 large
Tahini (for houmous - or buy ready-made houmous)	1 tablespoon needed	Lemons	6
Vegan pate: jars of approx 180g	4 jars	Onions	4 large (approx 140g each)
Whole-grain rice	500g bag	Potatoes	1kg
Wholemeal pasta	500g bag	Watercress	240g
		Fresh herbs (parsley, mint, basil, thyme)	4 to 6 bunches
Chilled Foods:		Store cupboard essentials	
Camembert or other cheese	As per normal habits	Apple cidre or balsamic vinegar	1 bottle
Eggs	1 pack of 6	Baking powder	
Falafel	1 packet (250g)	Chia seeds	
Milk (almond or normal)	2 bottles (1litre each)	Coconut oil	
Parmesan (my kids eat a LOT of parmesan)	500g	Cumin seeds	
Smoked salmon	180g pack	Dijon mustard	
Vegetarian bean burgers	1 packet of 2	Grape seed oil	
		Ground cinnamon	
		Olive oil	We use 1litre per week
Meat (only my 2 kids eat meat):		Sea salt or himalayan salt	
Veal	500g	Sesame oil	
Sausisson	1	Soy sauce	
Pate de campagne	Small slice		