

I LOVE COOKING 7 DAYS, 7 DINNERS SHOPPING LIST

In The Aisles

Olive oil
1 jar pesto
breadcrumbs
350g penne
400ml Passata
Sugar
cornflour
Soy Sauce
White Wine Vinegar
1 Tin Pineapple Chunks
Bap Rolls
250ml Beef Stock

Fruit & Vegetables

3 red peppers
1 yellow pepper
2 aubergines
3 onions
Garlic
1 potato
Green Salad
Ginger
Baby Spinach
Coleslaw
1 Lemon
3 Tomatoes

Dairy

50g Cheddar
4 tbps cream cheese

Meat/Fish & Eggs

8 Eggs
8 Chicken Breasts
8 Slices Parma Ham
8 Pork Sausages
1kg Lamb Shoulder, cubed

Fresh Herbs & Spices

Basil
Parsley
Paprika
Fennel Seeds
Fresh Thyme