

Shopping List Week 1

Fruit and Vegetables (fresh, frozen or tinned)	Chilled Foods
<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Low fat cream cheese
<input type="checkbox"/> Strawberries	<input type="checkbox"/> Low fat mousse
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Fat free Greek yoghurt (plain or flavoured)
<input type="checkbox"/> Apples	<input type="checkbox"/> Semi-skimmed milk
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Low fat cheese triangles
<input type="checkbox"/> Mixed salad/lettuce	<input type="checkbox"/> Fresh fruit juice
<input type="checkbox"/> Spinach	<input type="checkbox"/> Hummus
<input type="checkbox"/> Banana	<input type="checkbox"/> Reduced fat spread
<input type="checkbox"/> Avocado	
<input type="checkbox"/> Cucumber	Meat/Fish/Poultry
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chicken breast
<input type="checkbox"/> Sweet potato	<input type="checkbox"/> Gammon
<input type="checkbox"/> Butternut squash	<input type="checkbox"/> White fish fillet
<input type="checkbox"/> Peppers	<input type="checkbox"/> Burgers/mince
<input type="checkbox"/> Potatoes	<input type="checkbox"/> Salmon
<input type="checkbox"/> Carrots	<input type="checkbox"/> Diced beef/stewing steak
<input type="checkbox"/> Green beans	
<input type="checkbox"/> Melon	Frozen
<input type="checkbox"/> Garlic	<input type="checkbox"/> Stirfry mix vegetables
<input type="checkbox"/> Swede	<input type="checkbox"/> Fish fingers
	<input type="checkbox"/> Raspberries
Food/Store Cupboard	<input type="checkbox"/> Sweetcorn
	<input type="checkbox"/> Diced onion
<input type="checkbox"/> Cereal – wholegrain	
<input type="checkbox"/> Tinned baked Beans	Confectionary/Snacks
<input type="checkbox"/> Peanut Butter	<input type="checkbox"/> Bag of fun size chocolates
<input type="checkbox"/> Jam	<input type="checkbox"/> Mini chocolate buttons
<input type="checkbox"/> Tinned peaches	<input type="checkbox"/> Jaffa cakes
<input type="checkbox"/> Tinned mandarins	<input type="checkbox"/> Sugar free jelly
<input type="checkbox"/> Tinned fruit cocktail in juice	<input type="checkbox"/> Popcorn
<input type="checkbox"/> Low fat custard	<input type="checkbox"/> Plain sponge cake/malt loaf
<input type="checkbox"/> Honey	<input type="checkbox"/> Baked crisps/corn snacks
<input type="checkbox"/> Cous cous	<input type="checkbox"/> Mixed nuts
<input type="checkbox"/> Lentils	
<input type="checkbox"/> Tuna	Bakery
<input type="checkbox"/> Passata / tin chopped tomatoes	<input type="checkbox"/> Eggs
<input type="checkbox"/> Fajita seasoning	<input type="checkbox"/> Wholemeal bread
<input type="checkbox"/> Ground ginger	<input type="checkbox"/> Wholemeal rolls
<input type="checkbox"/> Noodles	<input type="checkbox"/> Wholemeal wraps / tortillas
<input type="checkbox"/> Teabags	<input type="checkbox"/> Dried apricots/dried fruit
<input type="checkbox"/> Soy sauce – reduced salt	
<input type="checkbox"/> Lighter hot chocolate	
<input type="checkbox"/> Brown rice	
<input type="checkbox"/> Decaf coffee	