

**We've assumed you already have these store cupboard ingredients:**

Sunflower oil

Olive oil

Salt and freshly ground pepper

Chicken stock cubes

Tomato puree

Condiments (balsamic vinegar, Worcestershire sauce)

Dried herbs (can replace the fresh herbs listed)

**To buy**

**Eggs and dairy**

8 eggs

Grana padano cheese

Tub of soft cheese

170g tub 0% fat yogurt

**Meat and fish**

8 sausages

300g bacon rashers (smoked or unsmoked)

500g beef mince

8 chicken thighs

175g chorizo sausage

750g chicken fillets

225g cooked prawns

**Vegetables**

Garlic

6 onions

1 parsnip

100g spring greens

2x butternut squash

250g cherry tomatoes

200g runner beans

100g green beans

1kg potatoes

1kg new potatoes

1 leek

175g carrots

300g mushrooms

700g bag of peppers

**Tins/jars**

Tikka masala curry paste

300ml passata

160ml coconut cream

**Pasta/rice and bread**

300g spaghetti

1kg long grain rice (or paella rice)