

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

Salt and freshly ground black pepper

Sunflower oil (2tbsp)

Chicken stock cubes

Plain flour

Olive oil

Honey

1 jar of English mustard (optional)

To buy:

Eggs and dairy:

2 pints milk (1.14l)

18 medium eggs

500g mature or mild Cheddar cheese

Packet of butter

2 pots of soured cream and chive dip

Meat and fish:

Packet of pork sausage (454g)

6 boneless, skinless chicken thigh fillets (500g)

6 rashers smoked streaky bacon (250g)

Skinned cod fillet (500g)

Vegetables:

Pack of tomatoes e.g. salad

1kg potatoes

Onions (200g)

Broccoli florets (400g)

Frozen peas (500g)

2 sweet potatoes (300g)

New/salad potatoes (500g) (1lb 2oz)

225g (8oz) shallots, halved 1.37 (whole bag)

Carrots (100g)

Green beans (310g)

Lemon (2)

Tins/jars:

1 jar of green pesto

Tinned sweetcorn (545g)

Tinned tuna in brine (400g)

Pasta, rice and bread:

Loaf of medium-sliced white bread

Pudding rice (250g)

Macaroni (200g)

500g packet of ready-rolled puff pastry

Other:

Wholemeal breadcrumbs

1 packet of savoury white sauce mix

Pot of fresh chicken gravy (500g)

Herbs and spices:

Packet of fresh parsley (25g)