

# Shopping List

## and storecupboard staples



Fruit	Vegetables		Condiments & Oils
Apples (eating)	Alphalpa sprouts	Laverbread	<b>Dried Herbs &amp; Spices:</b> (write you own favourites in here)
Apples (cooking)	Artichoke Jeruselem	Leeks	
Avocado	Asparagus	Lettuce	
Blackberries	Aubergine	Mange-tout	
Blackcurrants	Bamboo shoots	Marrow	
Blueberries	Beanshoots	Mushrooms	
Cherries	Beetroot	Mustard and Cress	
Clementines	Broad Beans	Okra	
Cranberries	Broccoli	Onions	
Grapes	Brussel Sprouts	Peas	
Kiwi Fruit	Cabbage	Peppers	1.
Melon	Carrots	Pumpkin	2.
Oranges	Cauliflower	Radish	3.
Passion Fruit	Celeriac	Radish White/Mooli	4.
Peaches	Celery	Runner Beans	5.
Pears	Chard (Swiss)	Spinach	6.
Pineapple	Chicory	Spring Greens	7.
Raspberries	Courgette	Squash	8.
Redcurrants	Cucumber	Swede	9.
Rhubarb	Endive	Sweetcorn	10.
Satsuma	Fennel	Tomatoes	Mustard
Strawberries	Green Beans	Turnip	Soy Sauce
	Kale	Water chestnuts	Tomato Sauce
	Kohl Rabi	Watercress	Worcester Sauce
			Vinegar
			Ghee
			Avocado Oil
			Coconut Oil
			Extra Virgin Olive Oil
			MCT Oil



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### Baking

Almond Flour  
Coconut Flour  
Desiccated Unsweetened Coconut  
Flaxseed  
Psyllium Husk  
Baking Powder  
Bicarb of Soda  
Chocolate (85%/90%)  
Cocoa Powder  
Liquid Hermesetas  
Natvia Icing Sugar  
Sukrin Gold Sweetener  
Truvia Granules

### General

Boullion Cubes  
Stock Cubes  
Garlic Puree  
Pesto (Green or Red)  
Sundried Tomato Puree  
Tomato Puree  
Sugar Free Jelly  
Carb-free Noodles  
Pork Scratchings  
Almond Butter  
Peanut Butter

### Drinks

Coffee  
Tea  
Sugar Free Squash  
Sparkling Water  
Diet Coke  
Diet Lemonade  
Slimline Tonic

### Meat/Fish/ Vegetarian Protein Choices

Bacon  
Beef  
Chicken  
Duck  
Ham  
Goose  
Lamb  
Pork  
Salami  
Sausages  
Turkey  
Cod  
Haddock  
Mackerel  
Salmon  
Sardines  
Shellfish  
Trout  
Tuna  
Tofu  
Quorn  
Vegetarian Mince/  
Meat Alternative

### Fridge

Butter  
**CHEESE:**  
• Blue cheese (Stilton etc)  
• Cheddar  
• Gouda  
• Mascarpone Cheese  
• Mozzarella  
• Parmesan  
• Ricotta  
• Soft (Boursin, cream cheese, Camembert, Brie)  
**CREAM:**  
• Double Cream  
• Clotted Cream  
• Sour Cream  
• Soya Cream  
• Coconut Cream  
Mayonnaise (Full Fat)  
Salad Cream  
Olives (Black/Green)  
**MILK:**  
• Cows' Milk (Whole)  
• Coconut Milk  
• Nut Milks (Almond/Hazelnut)  
• Soya Milk  
**YOGURT:**  
• CoYo Yogurt  
• Greek Yogurt  
• Soya Yogurt





