

# 4 SHOPPING LIST

## Fresh food

### FRUIT & VEGETABLES

Include a variety providing a 'rainbow of colour' daily:

Red eg. tomatoes, raspberries, strawberries, pomegranate, beetroot

Orange eg. oranges, mango, sweet potato

Yellow eg. sweet peppers, peaches, golden kiwi

Green eg. kiwi, cabbage, courgettes, sweet peppers, salad leaves

Blue/Purple eg. blueberries, blackberries, blackcurrants, aubergine

White eg. banana, cauliflower, garlic

### FISH

### LEAN MEAT

### CHICKEN OR TURKEY

## Store cupboard items

### HERBS & SPICES (FRESH OR DRIED)

Parsley

Oregano

Thyme

Mixed herbs/  
Mediterranean  
herbs

Basil

Cumin

Coriander leaf

Chilli flakes

Cayenne

Turmeric

Mixed spice

Paprika

### GRAINS

Rice  
(wholegrain)

Pasta  
(wholegrain  
or 50/50)

Quinoa

Cous cous

Noodles eg.  
buckwheat

### BEANS & LENTILS (DRIED OR CANNED)

Lentils (red, green,  
brown, **puy**)

Chickpeas

Mixed beans  
(in water)

Red kidney beans

### NUTS & SEEDS

Mixed unsalted nuts

Cashew nuts

Almonds

Brazil nuts

Pumpkin seeds

Sesame seeds

Sunflower seeds

### OIL

Extra  
virgin oil  
Vegetable  
oil

**Puy** is a small French lentil with peppery flavour. Holds shape well, so good in salads.