

# KITCHEN ESSENTIALS SHOPPING LIST

Keep these basics handy in your kitchen each week to cut down on your weekly shop. Your weekly shopping list will be ready online every Friday to top-up for the week ahead.

## Fridge

- 2L milk
- Frozen mixed berries
- Frozen Peas
- 12 eggs
- 500g Greek-style plain yoghurt
- 100g feta

## Dressings & condiments

- Olive oil
- Sesame oil
- Peanut oil
- Almond butter
- Reduced-salt soy sauce
- Rice vinegar
- Balsamic dressing
- Chicken stock cubes
- Vegetable stock cubes

## Pantry

- K-Fibre supplement
- Chang's Hoisin Sauce
- Chang's Rice Vermicelli Noodles
- Salt-reduced soy sauce
- Rolled oats
- Chia seeds
- Canned tuna 95g (x6)
- Ground turmeric
- Peanuts
- Brown rice
- Paella rice
- Instant polenta
- Cornflour
- Honey
- LSA meal

## Freezer

- Frozen mixed berries
- Frozen Peas