

Vegetarian meal planner

..... shopping list

Pasta

300g Dried pasta (such as penne)

Produce and herbs

1 pumpkin

2-3 eggplants

5 onions

2 garlic or crushed garlic

2 lemons

1 avocado

Fresh coriander or parsley

Fresh or crushed ginger

Dairy

Butter

Milk 450ml

Cream 500ml

Parmesan

Sour cream 150g

Spices

Tikka masala paste

Curry powder

Paprika

Turmeric

Chilli powder or flakes

Tandoori or Korma curry paste

Canned and pantry

3 x can Value Chopped Tomatoes 400g*

2 x can coconut cream 400ml*

1 x tin coconut milk 400ml

Tomato passata

1 can Pams creamed corn*

1 x can chickpeas 400g (if using)

1 x can Value creamed corn 400g

Sweet chilli or tomato relish

Staples - make sure you have at home

Eggs

Salt and pepper

Self raising flour

Rice (1 x white & 1 x brown)

Olive oil

Red lentils

Chicken or vegetable stock

Sugar

Frozen

Peas or spinach

Extras

