

# WEEK 1

## SHOPPING LIST

≡ **MACE** ≡

DAY	DATE	RECIPE
1	Thu 10th Jan	Simple Chicken Curry
2	Fri 11th Jan	Fish Goujons with Potato Wedges
3	Sat 12th Jan	Turkey Pesto Pasta
4	Sun 13th Jan	Super Easy Sunday Roast Chicken
5	Mon 14th Jan	Mediterranean Pepper Omelette with Mixed Salad
6	Tue 15th Jan	Sweet Chilli Chicken with Mixed Pepper Stir-Fry
7	Wed 16th Jan	Pork Chops with Mashed Potatoes & Veg

PROUDLY SUPPORTING

**RTÉ**



Sponsored by  
**safefood**

### FRUIT & VEGETABLES

	Qty
<input type="checkbox"/> Baby new potatoes	250g
<input type="checkbox"/> Baby spinach leaves	50g
<input type="checkbox"/> Broccoli (small head)	1
<input type="checkbox"/> Carrots	8
<input type="checkbox"/> Cherry tomatoes	21
<input type="checkbox"/> Chives	10g
<input type="checkbox"/> Courgette	1
<input type="checkbox"/> Cucumber	1/4
<input type="checkbox"/> Flourey potatoes (Rooster or Maris Piper)	700g
<input type="checkbox"/> Garlic (Small Clove)	1
<input type="checkbox"/> Green beans	200g
<input type="checkbox"/> Green peppers	2
<input type="checkbox"/> Onion	1
<input type="checkbox"/> Red peppers	3
<input type="checkbox"/> Salad leaves (watercress, rocket & spinach)	100g
<input type="checkbox"/> Yellow peppers	2

### FRESH PRODUCE

	Qty
<input type="checkbox"/> Butter	30g
<input type="checkbox"/> Chicken fillets (skinless)	4
<input type="checkbox"/> Cod fillets	250g
<input type="checkbox"/> Cooked chicken slices	300g
<input type="checkbox"/> Eggs	6
<input type="checkbox"/> Fresh white breadcrumbs	40g
<input type="checkbox"/> Frozen peas	100g
<input type="checkbox"/> Lean turkey steaks	250g

<input type="checkbox"/> Light cream cheese (e.g. Philadelphia)	35g
<input type="checkbox"/> Low fat Milk (1.5% fat)	115ml
<input type="checkbox"/> Natural yoghurt (3% fat)	30g
<input type="checkbox"/> Pork loin chops	2
<input type="checkbox"/> Ricotta cheese	10g

### DRIED GOODS

	QTY
<input type="checkbox"/> Balsamic vinegar	30ml
<input type="checkbox"/> Chicken gravy granules (carton or packet)	20g
<input type="checkbox"/> Freshly ground black pepper	
<input type="checkbox"/> Honey	5g
<input type="checkbox"/> Mild curry paste or powder	15g
<input type="checkbox"/> Olive oil	70g
<input type="checkbox"/> Plain flour	25g
<input type="checkbox"/> Porridge oats	40g
<input type="checkbox"/> Rapeseed oil	50g
<input type="checkbox"/> Sea salt (optional – if using)	
<input type="checkbox"/> Sun-dried tomato pesto (jar or tube)	45g
<input type="checkbox"/> Sweet chilli sauce (from a bottle)	65g
<input type="checkbox"/> Wholegrain mustard	15g
<input type="checkbox"/> Wholegrain rice	80g
<input type="checkbox"/> Wholewheat spaghetti	80g

Note: Herbs can be used dried or fresh. Vegetables can be fresh or frozen.  
Many of these ingredients will become cupboard staples and used in future recipes

FOR RECIPES AND SHOPPING LISTS VISIT [MACE.IE](http://MACE.IE)