

Two Week Student Meal Plan Shopping List



Each recipe shows how many portions can be served for each meal. Please adjust the ingredients you buy accordingly for the numbers you are cooking for. You can freeze any extra portions you make and eat within three months.

Week One	Week Two
<p>Meat</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4 rashers of bacon <input type="checkbox"/> Minced lamb <input type="checkbox"/> Minced beef <input type="checkbox"/> 1 whole chicken <p>Vegetables and salad</p> <ul style="list-style-type: none"> <input type="checkbox"/> 6 onions (red and white) <input type="checkbox"/> 3 Peppers (red and yellow) <input type="checkbox"/> 4 carrots <input type="checkbox"/> A bag of potatoes (some baking size) <input type="checkbox"/> 200g Mushrooms <input type="checkbox"/> 5 Tomatoes <input type="checkbox"/> A bunch of spring onions <input type="checkbox"/> Lettuce <input type="checkbox"/> Cucumber <input type="checkbox"/> Garlic <input type="checkbox"/> A lemon <input type="checkbox"/> Fruits of your choice <input type="checkbox"/> Veg of your choice <p>General</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bread or baguettes <input type="checkbox"/> Orange juice <input type="checkbox"/> Sunflower/pumpkin seeds <input type="checkbox"/> Houmous 	<p>Meat and fish</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4 rashers bacon <input type="checkbox"/> A sausage <input type="checkbox"/> Cold ham <input type="checkbox"/> Fish of your choice <p>Vegetables and salad</p> <ul style="list-style-type: none"> <input type="checkbox"/> A bag of potatoes <input type="checkbox"/> Cherry tomatoes <input type="checkbox"/> Mushrooms <input type="checkbox"/> Peppers (red and yellow) <input type="checkbox"/> Onions <input type="checkbox"/> Lettuce <input type="checkbox"/> Cucumber <input type="checkbox"/> Bean sprouts <input type="checkbox"/> Carrots <input type="checkbox"/> Apricots <input type="checkbox"/> Fruit of your choice <input type="checkbox"/> Veg of your choice <p>General</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bread/bread rolls/pitta bread <input type="checkbox"/> Orange juice <input type="checkbox"/> Sunflower/pumpkin seeds <input type="checkbox"/> Mixed nuts <input type="checkbox"/> Couscous <input type="checkbox"/> Houmous
<p>From your store cupboard you will need:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4 tins tuna <input type="checkbox"/> 4 tins tomatoes <input type="checkbox"/> 2 tins mixed beans <input type="checkbox"/> 2 tins kidney beans <input type="checkbox"/> 1 tin chick peas <input type="checkbox"/> 2 tins baked beans <input type="checkbox"/> 4 tins fruit <input type="checkbox"/> 1 tin pineapple chunks <input type="checkbox"/> 2 tins sweetcorn <input type="checkbox"/> Mixed herbs <input type="checkbox"/> Chilli powder <input type="checkbox"/> Flour <input type="checkbox"/> Cornflour <input type="checkbox"/> Sunflower or vegetable oil <input type="checkbox"/> Salt <input type="checkbox"/> Pepper <input type="checkbox"/> Stock cubes (or make your own stock) <input type="checkbox"/> Pasta/spaghetti <input type="checkbox"/> Brown rice, long grained <input type="checkbox"/> Wraps <input type="checkbox"/> Tomato puree <input type="checkbox"/> Soy sauce <input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Porridge <input type="checkbox"/> Cereals/muesli <input type="checkbox"/> Mustard (optional) <input type="checkbox"/> Worcestershire sauce (optional) 	

- Marmite (optional)
- 2 tins sardines (or fresh if you prefer)

Freezer

- 1 bag of each frozen vegetable - peas, sweetcorn and broccoli

Fridge

- Margarine
- Butter (optional)
- Bottle of lemon juice or fresh lemon
- Cheese
- Eggs
- Milk
- Natural yoghurt

Storage hints and tips

- ✓ Store your meat in the fridge (fridge temperature between 1 – 5 °c).
- ✓ Most vegetables store for longer in the fridge, except for potatoes and onions which should be kept in a cool, dark place.
- ✓ Fruit will also last longer in the fridge except bananas which go black in the fridge.
- ✓ If you only need half an onion pop the remaining half in the fridge, well wrapped or in an air tight container. You can also chop the whole onion up and freeze half for a later date.
- ✓ You can buy your fruit and vegetables at intervals to make sure that it is as fresh as possible.
- ✓ Fruit can be eaten as it is or made into a dessert. See the www.lovefoodhatewaste.com for dessert recipes