

Week 2: Shopping List

Items:

- Pork sausages - 8
- New potatoes - 500g
- Butternut squash - 500g
- Apples x 2
- A few sprigs of fresh thyme (optional)
- Boneless/skinless chicken thighs x 8
- Dried penne pasta - 350g
- Broccoli - 1/2 head
- Butter - 50g
- Milk - 600ml
- Tin sweetcorn - 200g
- Breadcrumbs - 23g
- Garlic bread and salad to serve (optional)
- Pita Breads (optional)

Masterchef Cupboard Staple pack

- Wholegrain mustard - 2 tbsp
- Honey - 2 tbsp
- Cider vinegar - 2 tbsp
- Garlic powder - 3 tsp
- Onion Powder - 2 tsp
- Smoked Paprika - 1 tbsp
- Dried Thyme - 1 tsp
- Apple juice - 200ml

Cupboard Essentials

- Sugar - 2 tbsp
- Olive oil or low-calorie cooking spray - 2 tbsp
- Salt and pepper
- Plain flour 50g

Left over from previous weeks

- BBQ sauce - 120ml
- Onions x 2
- Cheddar cheese - 280g