

Summer diet plan

Tinned goods

Chickpeas	5 x 400g cans	
Butter beans	400g	
Black-eyed beans (or butter or cannellini beans)	200g	
Low-fat coconut milk	1 can	
Tinned sweetcorn	85g	
Chopped tomatoes	400g	
Peeled plum tomatoes	600g can	
Artichoke hearts	small jar	
Coconut cream	small can	
Semi-dried tomatoes	small jar	

Oils, sauces and spreads

Rapeseed oil	small bottle	
Extra virgin olive oil	small bottle	
Balsamic vinegar	small bottle	
Sesame oil	small bottle	
Mirin	small bottle	
Low-salt tamari or soy sauce	small bottle	
Almond butter	jar	
Wholegrain mustard	small jar	
Marmite	small jar	
Tahini	small jar	
Honey	small jar	

Herbs, spices & pastes

Paprika (smoked)	small pot	
Oregano dried	small pot	
Thyme dried	small pot	
Cayenne pepper	small pot	
Nutmeg	small pot	
Cumin seeds	small pot	
Coriander seeds	small pot	
Turmeric	small pot	
Ground cumin	small pot	
Ground coriander	small pot	
Ground cinnamon	small pot	
Harissa	small jar	
Vegetable stock	pack of	
Dried chilli flakes	small pot	
Ras-el-hanout	small pot	
Mild curry paste	small jar	
Garam masala	small pot	

Grains, bread and baking

Quick-cook brown basmati rice	bag	
Wholemeal flour	small bag	
Barley or wholewheat cous-cous	small bag	
Porridge oats	bag	
Oatcakes	8	
Wheat-free pitta pockets	2	
Plain chapatis or flatbreads	2	
Vermicelli rice noodles	small pack	
Gluten-free brown bread flour	small bag	
Soba noodles	70g	
Red lentils	small pack	
Vanilla extract	bottle	

Nuts & seeds

Pumpkin seeds	small bag	
Pine nuts	small bag	
Cashew nuts (unsalted)	small bag	
Linseeds	small bag	
Chia seeds	small bag	
Chopped pistachio nuts	small bag	
Slivered or flaked almonds	small bag	

Vegetarian storecupboard list

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Fresh herbs

Basil leaves	small pack	
Coriander	3 x small packs	
Parsley	2 x small packs	
Mint	2 x small pack	
Ginger	stem of	
Lemongrass stalk	1	
Chives	small pack	

Fruit & veg

Banana	1	
Raspberries	140g punnet	
Lemons	4	
Beetroot	200g cooked	
Mixed leaves	small bag	
Cucumber	1	
Asparagus spears	8	
Butternut squash	small	
Mango	small	
Onions	2	
Garlic	large bulb	
Red chilli	2	
Baby spinach	250g	
Limes	2	
Tomatoes	5	
Papaya	1	
Watercress	50g bag	
Chestnut mushrooms	300g	
Red pepper	3	
Avocado	2	
Red onion	1	
Kale	100g	
Sweet potatoes	150g	
Strawberries	150g punnet	
Spring onions	small bunch	
Blueberries	150g punnet	
Sugar snap peas	100g	
Rocket	small bag	
Pak choi	100g	

Eggs and dairy

Medium free-range eggs	11	
Semi-skimmed milk	425ml	
Large free-range eggs	10	
Low-fat cream cheese	tub	
Low-fat natural yogurt	large pot	
Unsweetened almond milk	small carton (200ml)	
Firm tofu	335g	
Unsalted butter	block of	

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Fresh herbs

Coriander	pack	
Mint	small pack	

Eggs, dairy & juice

Goat's cheese	140g	
Light buffalo mozzarella	125g	
Low-fat cottage cheese	50g	
Low-fat natural yogurt	pot	
Apple juice	50ml	
Light feta cheese	110g	
Halloumi	250g	
Firm tofu	125g	
Orange juice	small bottle	

Fruit & veg

Raspberries	50g	
Lemon	3	
Onion	2	
Cucumber	1	
Baby spinach	745g	
Limes	3	
Stoned black olives	20g	
Tomatoes	9	
Avocado	1	
Red chilli	2	
Salad leaves	100g	
Tomatoes	5	
Yellow pepper	1	
Carrots	2 large	
Orange	1 small	
Celery	4 sticks	
Sweet potatoes	2 small	
Parsnip	1 large	
Broccoli	1 small head	
Bean sprouts	150g	
Radishes	4	
Pineapple	small	
Red onions	4	
Grapefruit	1	
Apple	1	
Pomegranate seeds	200g	
Cooked beetroot	250g	
Podded edamame (fresh or frozen)	150g	

Bread

Rye bread	small loaf	
Spelt or wholemeal bread	small loaf	