



SHOPPING LIST

FRESH FRUIT & VEG

- 250g pack Grower's Selection Chestnut Mushrooms
- 300g pack Grower's Selection Shallots
- 1 head loose Grower's Selection Garlic
- 500g pack Grower's Selection British Carrots
- 1 Grower's Selection Red Cabbage
- 420g pack Asda Mediterranean Style Vegetables
- 25g pack Grower's Selection Flat Leaf Parsley
- 180g pack Asda Mild British Baby Spinach
- 2 loose Grower's Selection Lemons
- 1 loose Grower's Selection Gala Apple

CHILLED

- 500g pack Asda Gnocchi
- 250g pack Asda 30% Less Fat Mild Grated British Cheese
- 500g Butcher's Selection British Turkey Lean Mince (typically less than 7% fat)*
- 400g pack Asda Classic Mash
- 1pt semi-skimmed milk
- 6-pack Asda Free Range Medium Eggs

FROZEN

- 1kg pack Frozen for Freshness Garden Peas
- 450g pack Simply Cook From Frozen Basa Fillets

JARS, PACKETS & TINS

- 500g pack Asda Conchiglie
- 500g pack Asda Tomato Passata with Chilli & Peppers
- 210g tin Asda Chickpeas in Water
- 500g pack Asda Red Lentils
- 400g tin Asda Chopped Tomatoes
- 2-pack Bake at Home Baguettes

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STORE CUPBOARD

- Rapeseed oil ● Plain flour ● Reduced-salt vegetable stock cubes ● Dried mixed herbs ● Crushed chillis
- Medium curry powder