

Shopping List Ideas



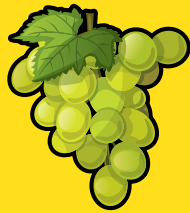
Dairy:

- ⇒ Small cartons of milk
- ⇒ Small cartons of flavoured milk
- ⇒ Yogurt drink
- ⇒ Cartons of low fat yogurts
- ⇒ Cartons of fromage frais
- ⇒ Cartons of low fat rice pudding
- ⇒ Cartons of low fat custard



Fruits:

- ⇒ Small cartons of smoothies
- ⇒ Small cartons of fruit juice
- ⇒ Individual snack packs of fruit
- ⇒ Tinned fruit/fruit pots
- ⇒ Any fruit in season or on special offer
- ⇒ Raisins
- ⇒ Dried cranberries



Proteins:

- ⇒ Sliced chicken – plain, sweet chilli or tikka
- ⇒ Sliced turkey
- ⇒ Sliced cold beef
- ⇒ Sliced ham
- ⇒ Slices of smoked salmon
- ⇒ Jar of peanut butter
- ⇒ Eggs
- ⇒ Cheese - cheese slices, grated, triangles, snack portions, light cream cheese
- ⇒ Small tins of tuna in brine
- ⇒ Tins of sardines
- ⇒ Chopped walnuts



Vegetables:

- ⇒ Carrots - whole, chopped, sticks
- ⇒ Onions
- ⇒ Lettuce - ready packed or whole
- ⇒ Peppers - red, green or yellow
- ⇒ Cucumber
- ⇒ Cherry tomatoes
- ⇒ Tinned corn
- ⇒ Celery



Breads:

- ⇒ Brennans Family Pan 800g
- ⇒ Brennans Wholemeal 800g
- ⇒ Brennans Wholegrain 800g
- ⇒ Brennans Brown & White in one bite 800g
- ⇒ Brennans Sandwich Pan 800g
- ⇒ Brennans Natural Recipes Wholewheat Soda
- ⇒ Brennans Be Good Wholemeal Bread
- ⇒ Brennans Granary Batch
- ⇒ Brennans High Fibre with Wholegrains
- ⇒ Brennans Pumpkin and Poppyseed

Spreads:

- ⇒ Low fat spreads
- ⇒ Low fat mayonnaise

