**7 day Extra Easy SP meal plan - Shopping list (Tesco)**

A dozen eggs

Box of alpen lights

Cereal of choice (must be healthy B, such as shreddies)

Wholegrain bread rolls

2 Tins of chopped tomatoes

3 onions

Garlic

Lettuce

Tomatoes

Strawberries

Melon

Tangerines

Almond Milk

Semi-skimmed milk

Swede

Reduced fat cheddar

Tub of mushrooms

Lean Rashers or gammon steaks

Lean mince

Baked beans

Salmon Fillets

Porridge

Strawberries

Carrots

Lentils

Frylight

Stock Cubes

Honey (optional)

Muller light

Laughing cow extra light triangles

Wholegrain bread

Marmite or other free/low syn spread

Cheese and onion ryvita mini bites

B free wholegrain wraps  
Extra light mayo (optional)

Chicken

Curry powder

Cumin

Coriander

Cauliflower

King prawns

Peppers

Tropical fruit salad (pre-made)

2 tins kidney beans