ingredients list

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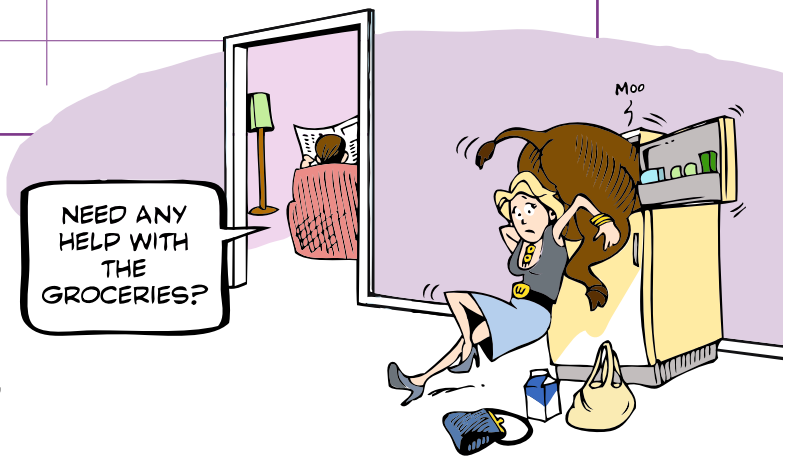
Being prepared will save you time and money in the supermarket. Have a look through your pantry before you go shopping.

this week's menu	other essentials
sausages (3)	
onions	
carrots	
1 x 400g tin baked beans	
350g white fish fillets	
eggs	
frozen pastry sheets	
cheese	
tomato paste	
garlic	
1 large can kidney beans	
rice	
bacon	
mushroom	
300 ml lite evaporated milk	
potatoes	
1 large tin chopped tomatoes	
chicken drumsticks	
1 packet french onion soup	
herbs and spices:	
cumin, chilli powder, oregano, basil	



How to use: The column on the left is for writing down the main items you need to make your meals for the week ahead. The column on the right is to make a note of any other staples and essential items your household also requires - bread, milk, flour, fruit and any other vegetables.

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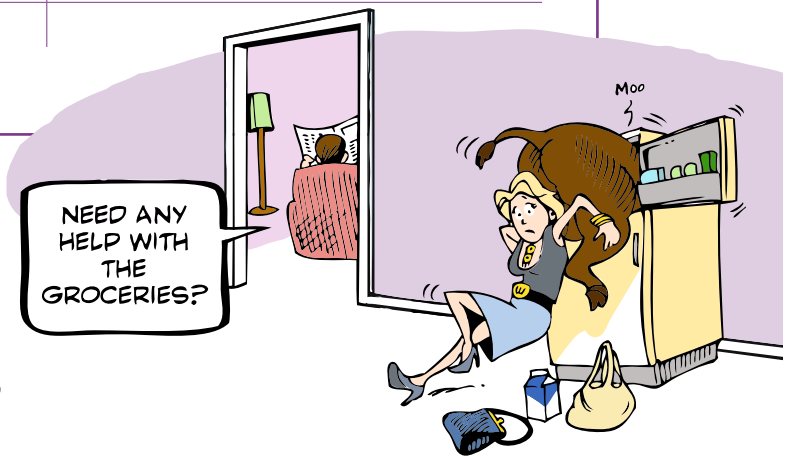

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