



Shopping List Days 17-21

| Item | Number of meals to last | Notes |
|------------------------------|-------------------------|-------------------------|
| Eggs (3 per meal) | 2 | |
| Chicken | 2 | Cold salads |
| Mince beef | 1 | |
| Chilli con carne ingredients | 2 | |
| Pork chops | 2 | |
| anchovies | 1 | |
| Avocado | 3 | |
| Tomatoes | 1 | |
| Peppers | 2 | |
| Red onion | 2 | |
| kale | 2 | Can be used with salads |
| Broccoli | 2 | |
| Green beans | 2 | |
| Spinach | 2 | |
| Asparagus | 1 | |
| Leeks | 1 | |