

Shopping List



WEEKLY



FRUIT 1

FRUIT 2

SALAD

VEGETABLES (tinned or frozen)

FRESH VEGETABLES 1

FRESH VEGETABLES 2

STARCHY FOOD
(rice, pasta, yam, potato etc)

BREAD, ROTI...

SEMI-SKIMMED MILK
OR MILK SUBSTITUTE

YOGHURT

FISH

LEAN MEAT

LEGUMES (lentils, beans, chickpeas...)

EGGS

OTHER

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Preferred seasonal fruits and vegetables



Carry this list with you on your weekly shop. It will help you have a balanced diet.



Interreg
France (Channel) England
ASPIRE
European Regional Development Fund



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Vivons en forme

Shopping List



MONTHLY



OIL (Olive...)

(Rapeseed...)

(Vegetable...)

HERBS (Parsley...)

(Rosemary...)

(Basil...)

SPICES (Curry...)

(Paprika...)

(Nutmeg...)

SUGAR

FLOUR

OTHER

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