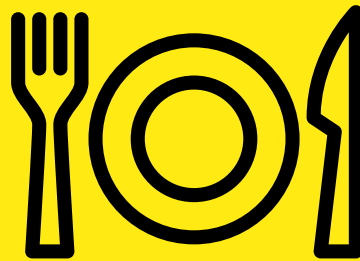


COVID-19 COCOONING

# SHOPPING

# LIST & MEALS

**A handy guide to prepare a shopping list for someone shopping on your behalf.**



**Inspired by June and her mum Bridget in Tipperary.**



# SHOPPING LIST

CATEGORY	ITEM	C	S
<b>Breads / Cakes</b>	Bagels		
	Bread		
	Naan Bread		
	Part Baked Rolls		
	Waffles		
	Wraps		
<b>Fresh Veg</b>	Broccoli		
	Butternut Squash		
	Cabbage		
	Carrots		
	Celery		
	Cherry Tomatoes		
	Chilli Peppers		
	Garlic		
	Ginger		
	Lettuce		
	Parsnips		
	Potatoes		
	Red Onions		
	Red Pepper		
	Scallions		
	Sweet Potatoes		
	Tomatoes		
	Turnip		
White Onions			
Yellow Peppers			
<b>Fresh Fruit</b>	Avocado		
	Bananas		
	Blueberries		
	Cooking Apples		
	Grapefruit		
	Green Apples		
	Lemon		
	Mandarins		
	Mushrooms		
	Oranges		
	Pears		
	Plums		
	Raspberries		
	Red Apples		
	Strawberries		

CATEGORY	ITEM	C	S
<b>Breakfast</b>	Jam		
	Marmalade		
	Peanut Butter		
	Porridge		
	Weetabix		
<b>Tea/Coffee</b>	Coffee		
	Latte / Cappucino		
	Tea		
<b>Food Cupboard</b>	Balsamic Vinegar		
	Basmati Rice		
	Chilli Powder		
	Chutney		
	Coconut Milk		
	Curry Powder		
	Dessicated Coconut		
	Eggs		
	Flour		
	Ground Cinnamon		
	Ground Cumin		
	Ketchup		
	Korma Curry Paste		
	Lasagne Sheets		
	Mayonnaise		
	Olive / Rapeseed Oil		
	Pasta - Penne		
	Pasta - Spaghetti		
	Pesto		
	Soy Sauce		
	Stock Cubes		
	Sugar		
	Thai Curry Paste		
	Bean		
	Chickpeas		
	Sweetcorn		
	Kidney Beans		
	Tinned Tomatoes		
Tomato Puree			
Tuna			
White Wine Vinegar			

**C = Cocooner S = Shopper** Items can be ticked off here.



# SHOPPING LIST

CATEGORY	ITEM	C	S
<b>Fresh Meat / Fish</b>	Chicken Fillets		
	Meatballs		
	Minced Beef		
	Stewing Beef		
	Prawns		
<b>Cold Meats</b>	Bacon or Pork Steak		
	Rashers		
	Sausages		
	Sliced Ham		
	Sliced Turkey		
<b>Butter</b>	Butter		
	Margarine		
<b>Cheese</b>	Cream Cheese		
	Grated Cheese		
	Parmesan		
	Sliced Cheese		
<b>Milk/Yogurt</b>	Buttermilk		
	Crème Fraiche		
	Large Natural Yogurt		
	Milk		
<b>Frozen</b>	Mixed Fruit Yogurts		
	Frozen Peas		
	Frozen Raspberries		
	Frozen Veg		
	Ice Cream		
<b>Non-alcoholic Drinks</b>	Drinks/Juice		
<b>Health and Beauty</b>	Conditioner		
	Cotton Wool		
	Handwash		
	Shampoo		
	Shower Gel		
	Tissues		
	Toothpaste		
	Wipes		

CATEGORY	ITEM	C	S
<b>Household</b>	Bin Bags		
	Bleach		
	Cling Film		
	Disinfectant		
	Fabric Conditioner		
	Kitchen Roll		
	Toilet Roll		
	Washing Powder / Liquid		
ADD YOUR OWN	ITEM		

C = Cocooner S = Shopper Items can be ticked off here.



# SIMPLE MEAL IDEAS

DISH	INGREDIENTS	DAY
<b>Chilli Con Carne</b>	Minced Beef, Onions, Garlic, 2 Red Peppers, 2 Medium, Carrots, 2 Sticks Celery, Chickpeas, Kidney Beans, 2 Tin Chopped Tomatoes, Chilli flakes or powder, Ground Cumin, Ground Cinnamon, Balsamic Vinegar, Rice or jacket potatoes or wedges	
<b>Lasagne</b>	Minced Beef, Streaky Bacon, Onion, Garlic, 2 Carrots, 2 Celery Sticks (Optional), Crème Fraiche or Bechamel Sauce, Lasagne Sheets, Tin Chopped Tomatoes, Tomato Puree, Grated Cheddar or Parmesan, Whole Tomatoes	
<b>Chicken Curry</b>	Onion, Garlic, Ginger, Mango Chutney, Tin Chopped Tomatoes, Coconut Milk, Curry Powder, Rice Optional Vegetables: Peppers, Baby Corn, Pineapple, Sultanas, Sugar Snap, Peas	
<b>Pasta or Spaghetti Bolognese</b>	Minced Beef, Tin Chopped Tomatoes, Onion, Garlic Celery (Optional), Streaky Bacon (Optional) Tomato Puree, Pasta	
<b>Meatballs &amp; Spaghetti</b>	Spaghetti, Lean Meatballs, Onions, Garlic, 2 Tin Chopped Tomatoes, Tomato Puree, Red Chilli Flakes, Balsamic Vinegar	
<b>Chicken Korma</b>	Chicken Breast, Rice, 2 Onions, Root Ginger, Chickpeas, Korma Curry Paste, Coconut Milk, Desiccated Coconut, Naan Bread	
<b>Beef Stew</b>	Beef, Carrots, Potatoes, Onions, Beef Stock Cubes, Turnip (Optional) Tin Chopped Tomatoes	
<b>Cottage Pie</b>	Minced Beef, Onions, Gravy Granules, Carrots, Potatoes, Frozen Peas	
<b>Fish Pie</b>	Fish Pie Mix, Prawns, Grated Cheddar, Fresh Red Chilli or Chilli Flakes, 2 Sticks Celery, Carrot, Lemon, Potatoes, Cherry Tomatoes (Optional)	
<b>Pork or Chicken Satay</b>	Pork Steak or Chicken Breast, Thai Red Curry Paste, Garlic, Soy Sauce, White Wine Vinegar, Coconut Milk, Peanut Butter, Coriander, Rice	

LUNCH IDEAS	DAY
<b>Tuna &amp; Sweetcorn on Jacket Potatoes</b>	
<b>Beans on Toast</b>	
<b>Peanut Butter on Toast</b>	
<b>Toasted Ham &amp; Cheese Sandwiches</b>	
<b>Pesto Pasta &amp; Salad</b>	
<b>Omelette / Scrambled Egg</b>	



# ADD YOUR OWN MEALS

DISH	INGREDIENTS	DAY

ADD LUNCH IDEAS	DAY

