



Shopping list

Menu of the Month - July 2015

Meat/Fish

- Fresh prawns 8 - 10
- OR
- 2 x 85g John West Pink Salmon pieces in Vegetable Broth
- Pork loin chops 4 - 6

Vegetables/Fruit

- Ripe avocados, 2
- Fresh lemons, 4
- Watercress, 1 punnet
- Apples, 2
- Oranges, 3
- Sweet potatoes, 5 medium
- Brussel sprouts, 250 g
- Frozen peas, 250 g
- parsley

Store cupboard

- Dijon mustard
- Canola oil
- Sugar
- Olive oil
- Nutmeg (whole)
- Bicarbonate of soda
- Vanilla essence
- Ground cinnamon
- Ground ginger
- Powdered gelatine

Bottle Store

- Brandy, 3/4 cup (185 ml)+ 1 T (15 ml)
- Red wine, 1 cup (250 ml)

Dairy

- Salted butter 2 x 250 g
- Plain full cream yoghurt, 1 cup
- Extra large eggs, 3
- Sour cream, 250 g
- Fresh cream, 250 ml

Groceries

- corn flakes, small box
- dried cranberries, 50 g
- stoned dates, 250 g
- pecan nuts, 50 g

Ina Paarman's products

Seasoning & Spices

- Lemon & Black Pepper Seasoning
- Garlic Pepper Seasoning
- Vegetable Spice

Dressings

- Thousand Island

Bake Mixes

- Vanilla Cake Mix