

ESSENTIALS

= SHOPPING LIST =

BAKED BEANS	<input type="checkbox"/>	DRIED PASTA	<input type="checkbox"/>
SOUP	<input type="checkbox"/>	EGG NOODLES	<input type="checkbox"/>
TINNED PULSES (CHICK PEAS, LENTILS, KIDNEY BEANS)	<input type="checkbox"/>	FLOUR	<input type="checkbox"/>
TINNED TUNA	<input type="checkbox"/>	CORNFLOUR	<input type="checkbox"/>
TINNED SWEETCORN	<input type="checkbox"/>	RICE	<input type="checkbox"/>
TINNED TOMATOES	<input type="checkbox"/>	DRIED PULSES	<input type="checkbox"/>
CONDENSED MILK	<input type="checkbox"/>	PORRIDGE OATS	<input type="checkbox"/>
TINNED FRUIT	<input type="checkbox"/>	BREAKFAST CEREAL	<input type="checkbox"/>
COCONUT MILK	<input type="checkbox"/>	DRIED FRUIT	<input type="checkbox"/>
		SUGAR	<input type="checkbox"/>
MAYONNAISE	<input type="checkbox"/>	ICING SUGAR	<input type="checkbox"/>
RED WINE VINEGAR	<input type="checkbox"/>	NUTS	<input type="checkbox"/>
WHITE WINE VINEGAR	<input type="checkbox"/>	STOCK CUBES	<input type="checkbox"/>
BALSAMIC VINEGAR	<input type="checkbox"/>	COUS COUS	<input type="checkbox"/>
OLIVE OIL	<input type="checkbox"/>		
VEGETABLE OIL	<input type="checkbox"/>	VANILLA PASTE OR ESSENCE	<input type="checkbox"/>
MUSTARD (ENGLISH OR DIJON)	<input type="checkbox"/>	DARK CHOCOLATE	<input type="checkbox"/>
HONEY	<input type="checkbox"/>	NATURAL FOOD COLOURING	<input type="checkbox"/>
SOY SAUCE	<input type="checkbox"/>	BAKING SODA	<input type="checkbox"/>
SESAME OIL	<input type="checkbox"/>	SPRINKLES	<input type="checkbox"/>
TOMATO KETCHUP	<input type="checkbox"/>	DRIED YEAST	<input type="checkbox"/>
TOMATO PURÉE	<input type="checkbox"/>	COCOA POWDER	<input type="checkbox"/>
PASSATA	<input type="checkbox"/>		
LONG-LIFE MILK	<input type="checkbox"/>	BLACK PEPPER	<input type="checkbox"/>
LONG-LIFE FRUIT JUICE	<input type="checkbox"/>	MALDON SALT	<input type="checkbox"/>
JAM	<input type="checkbox"/>	DRIED CHILLI FLAKES	<input type="checkbox"/>
CAPERS	<input type="checkbox"/>	CURRY PASTE	<input type="checkbox"/>
ANCHOVIES	<input type="checkbox"/>	SMOKED SPANISH PAPRIKA	<input type="checkbox"/>
WORCESTERSHIRE SAUCE	<input type="checkbox"/>	CINNAMON	<input type="checkbox"/>
PESTO	<input type="checkbox"/>	CUMIN SEEDS	<input type="checkbox"/>
SWEET CHILLI SAUCE	<input type="checkbox"/>	CORIANDER SEEDS	<input type="checkbox"/>
PERI-PERI	<input type="checkbox"/>	MIXED HERBS	<input type="checkbox"/>
		DRIED OREGANO	<input type="checkbox"/>
		TURMERIC	<input type="checkbox"/>