

THE NO NONSENSE SHOPPING LIST

Menopause Angel

- ☐ Leeks
- ☐ Frozen Peas
- ☐ Mushrooms
- ☐ Sweet Potatoes
- ☐ Butternut Squash
- ☐ Onions
- ☐ Red Pepper
- ☐ Yellow Pepper
- ☐ Green Pepper
- ☐ Broccoli
- ☐ Carrots
- ☐ Cauliflower
- ☐ Asparagus
- ☐ Bean Sprouts
- ☐ Shallots
- ☐ Courgettes
- ☐ Fennel
- ☐ Aubergine
- ☐ Kale
- ☐ Runner Beans
- ☐ Cabbage
- ☐ Greens
- ☐ Spinach
- ☐ Bok Choy

- ☐ Tomatoes
- ☐ Spring Onions
- ☐ Celery
- ☐ Watercress
- ☐ Whole lettuce
- ☐ Cucumber
- ☐ Salad Leaves
- ☐ Rocket Leaves
- ☐ Shop for rings

MEAT & FISH

- ☐ Turkey Mince
- ☐ Turkey Breast
- ☐ Chicken Breast
- ☐ Chicken Thighs
- ☐ Chicken Drumsticks
- ☐ Whole Chicken
- ☐ Lardons
- ☐ Lean Mince Beef
- ☐ Mixed Fish
- ☐ Salmon
- ☐ Seabass
- ☐ Prawns
- ☐ Sardines
- ☐ Tuna
- ☐ Steak

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CUPBOARD BASICS

- Chicken Stock
- Vegetable Stock
- Beef Stock
- Wheat Free Soy Sauce/Tamari
- Olive Oil
- Coconut Oil
- White Wine/Apple Cider Vinegar
- Tomato Puree
- Honey
- Maple Syrup
- Sunflower Seeds
- Pumpkin Seeds
- Chia Seeds
- Linseeds
- Sesame Seeds
- Pinenuts
- Aubergine

EXTRAS

- Rice Noodles
- Nut Butter
- Almond Flour/Ground Almonds
- Coconut Flour
- Unsweetened Nut Milk

- Coconut Milk
- Chickpeas
- Lentils
- Kidney Beans
- Cannelli Beans
- Canned Tomatoes
- Red Curry Paste
- Green Curry Paste
- Sundried Tomatoes
- Preserved Lemons
- Olives
- Anchovy
- Stuffed Olives
- Hummus
- Cashew Nuts
- Walnuts
- Brazil Nuts
- Tahini
- Risotto Rice
- Chestnut Puree
- Vanilla Extract
- Gluten Free Oats
- Coconut Flakes

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HERBS & SPICES

- Fresh Ginger
- Fresh Chilli
- Fresh Garlic
- Fresh Coriander
- Fresh Basil
- Fresh Mint
- Fresh Parsley
- Fresh Sage
- Nutmeg
- Dried Chillies
- Chilli Powder
- Dried Coriander
- Dried Curry Powder
- Dried Tarragon
- Dried Bay Leaves
- Dried Thyme
- Dried Rosemary
- Dried Oregano
- Celery Salt
- Italian Seasoning
- Paprika
- Cumin
- Cinnamon

- Cayenne Pepper
- Cumin Seeds
- Black Mustard Seeds
- Turmeric
- Fish Sauce

FRUIT

- Lemons
- Limes
- Oranges
- Avocados
- Bananas
- Apples
- Frozen/Fresh Berries

DAIRY

- LIVE Greek Yoghurt
- Grass-fed Butter
- Feta Cheese
- Goats Cheese
- Free Range Organic Eggs
- Hard Italian Cheese/Parmesan
- Goats Milk
- Sheeps Milk

Age Group	Percentage
18-24	15%
25-34	25%
35-44	30%
45-54	20%
55-64	15%
65-74	10%
75-84	5%
85+	5%