



YOUR OPTIONAL SHOPPING LIST

Balsamic Bruscettas

ALL DIETS

bread (Italian or French)
4 vine tomatoes
1 clove garlic
balsamic vinegar
olive oil
basil

Sunny Tuscan Pasta

MEAT VERSION

200g protein
(chicken/salmon/beef -
anything goes!)
200g pasta
sun-dried tomatoes
300g spinach
100g single cream
4 cloves garlic
1 tsp lemon juice
white wine (an old or
opened bottle will do)
chicken stock
pine nuts

VEGETARIAN/ VEGAN VERSION

250g pasta
sun-dried tomatoes
300g spinach
1/3 cup cashew nuts
(soaked in water
overnight)
4 cloves garlic
1 tsp lemon juice
white wine (an old or
opened bottle will do)
vegetable stock
pine nuts