

## Cycling – One Week Grocery List

### Dinners

- 1) Scrambled eggs, boiled potatoes, broccoli
- 2) Baked potatoes with tuna and cheese and spinach salad
- 3) Spaghetti with meat sauce
- 4) Stir-fry chicken with rice and veggies
- 5) Spanish omelette with leftovers
- 6) Pre-cooked chicken/turkey with salad and boiled new potatoes

### Meats

Chicken breasts (can get cut for stir-fry)  
Ground Beef  
Pre-cooked chicken or turkey

### Dairy

Eggs (12)  
Chocolate milk (recovery drink)  
Yoghurt (snack)  
Skimmed Milk

### Produce

Bag of pre-washed spinach  
New potatoes (the little ones) x 15  
Broccoli  
Carrots  
Mushrooms (if you like them)  
Bag of pre-cut/washed veggies for stir fry  
Any other salad stuff you like  
Fruit for snacks

### Dry Essentials

Big can of tuna x1 or x2 (for sandwiches) in brine  
Pack of spaghetti  
Breakfast cereal  
Jar/can of Pasta Sauce

### Spices

(Try to get some single-serving salt & pepper packets from a restaurant)

### Helpers

Boil in the bag rice/microwave rice  
Soya sauce (small) if you like it  
Smallest Olive Oil you can get

### Frozen Food

### Bakery

Bread/buns/bagels for sandwiches