

Smart Shopping

With Alexa



What do I already have?

Review the list and cross off any items you already have in your pantry, fridge, or freezer. This will help you avoid buying duplicates and save money.

Do I need to adjust the quantities?

The plan provides ingredients for a week, but you may need to scale the list up or down depending on how many people you are cooking for.

What substitutions can I make?

If there is an ingredient you don't like or can't find, consider what you could use instead. For example, you might use red onion instead of a regular onion or a different type of cheese.

Cottage Pie — Monday

- Alexa, add minced beef (for cottage pie) to shopping list
- Alexa, add onions (for cottage pie) to shopping list
- Alexa, add potatoes (for cottage pie) to shopping list
- Alexa, add carrots (for cottage pie) to shopping list
- Alexa, add cottage pie mix (for cottage pie) to shopping list
- Alexa, add frozen peas (for cottage pie) to shopping list

Macaroni Cheese — Tuesday

- Alexa, add breadcrumbs (for macaroni cheese) to shopping list
- Alexa, add cheddar cheese (for macaroni cheese) to shopping list
- Alexa, add broccoli (for macaroni cheese) to shopping list
- Alexa, add mustard (for macaroni cheese) to shopping list
- Alexa, add macaroni (for macaroni cheese) to shopping list
- Alexa, add garlic (for macaroni cheese) to shopping list
- Alexa, add flour (for macaroni cheese) to shopping list
- Alexa, add milk (for macaroni cheese) to shopping list
- Alexa, add thyme (for macaroni cheese) to shopping list

Tomato Risotto — Wednesday

- Alexa, add vegetable stock (for risotto) to shopping list
- Alexa, add onion (for risotto) to shopping list
- Alexa, add butter (for risotto) to shopping list
- Alexa, add olive oil (for risotto) to shopping list
- Alexa, add 8 sun-dried tomatoes (for risotto) to shopping list
- Alexa, add garlic (for risotto) to shopping list
- Alexa, add arborio rice (for risotto) to shopping list
- Alexa, add dried oregano (for risotto) to shopping list
- Alexa, add frozen peas (for risotto) to shopping list
- Alexa, add parmesan cheese (for risotto) to shopping list

Butternut Squash and Spinach Gnocchi — Thursday

- Alexa, add baby spinach (for gnocchi) to shopping list
- Alexa, add butternut squash chunks (for gnocchi) to shopping list
- Alexa, add chopped garlic (for gnocchi) to shopping list
- Alexa, add chopped hazelnuts (for gnocchi) to shopping list
- Alexa, add dried sage (for gnocchi) to shopping list
- Alexa, add gnocchi (for gnocchi) to shopping list
- Alexa, add rapeseed oil (for gnocchi) to shopping list
- Alexa, add vegetable stock (for gnocchi) to shopping list

Paprika Chicken — Friday

- Alexa, add chicken thigh fillets (for paprika chicken) to shopping list
- Alexa, add chopped tomatoes (for paprika chicken) to shopping list
- Alexa, add egg noodles (for paprika chicken) to shopping list
- Alexa, add mixed peppers (for paprika chicken) to shopping list
- Alexa, add red onion (for paprika chicken) to shopping list
- Alexa, add parsley (for paprika chicken) to shopping list
- Alexa, add smoked paprika (for paprika chicken) to shopping list
- Alexa, add sunflower oil (for paprika chicken) to shopping list

Chickpea and Spinach Curry — Saturday

- Alexa, add vegetable oil (for curry) to shopping list
- Alexa, add onion (for curry) to shopping list
- Alexa, add garlic (for curry) to shopping list
- Alexa, add chopped tomatoes (for curry) to shopping list
- Alexa, add curry powder (for curry) to shopping list
- Alexa, add chickpeas (for curry) to shopping list
- Alexa, add coconut milk (for curry) to shopping list
- Alexa, add frozen spinach (for curry) to shopping list

Stuffed Bell Peppers — Sunday

- Alexa, add whole grain rice (for stuffed peppers) to shopping list
- Alexa, add red pepper (for stuffed peppers) to shopping list
- Alexa, add yellow pepper (for stuffed peppers) to shopping list
- Alexa, add small onion (for stuffed peppers) to shopping list
- Alexa, add courgette (for stuffed peppers) to shopping list
- Alexa, add cherry tomatoes (for stuffed peppers) to shopping list
- Alexa, add garlic (for stuffed peppers) to shopping list
- Alexa, add mild goat's cheese (for stuffed peppers) to shopping list