

SHOPPING LIST

FRUITS	VEGGIES
1 lb apples	Cocktail tomatoes
Strawberries	Red peppers
Bananas 8x	Yellow peppers
1 lb pears	Cucumbers
Seasonal fruit	Salads (green, rocket.)
1 lb oranges	Kale
4 green apples	Carrots
	Basil, parsley,
	Avocados
	Pumpkin
	Sweet potatoes 4x
	Yellow onion
	Garlic
	Mint
	Mushrooms
Celery	Green pepper 1x
Sage, Rosemary	Rocket salad
Red onions	Eggplant 1x
Sage, Rosemary	Red onion
2 Limes	

PACKAGED FOODS
Nori sheets
Chickpeas 3x
Cannellini beans 4x
Red beans 5x
Organic tomato sauce for pizza
Semolina
Dried cranberries
Raisins
Raw cacao powder
1 big package of dates
Canned crushed tomatoes 4x
1 can light coconut milk
Vegan chocolate chips
Unsweetened applesauce
Ground flaxseeds
Veggie broth (or cubes)

BAKING & BREAD
Your favorite bread loaf
Wholegrain sandwich bread
Wraps
Wholegrain pizza base

REFRIGERATED
Vegan vanilla yogurt
Vegan creme cheese
Vegan grated pizza cheese
Hummus (or homemade hummus)
Vegetarian hot dogs
Vegan mayonnaise
Plant based milks (almond, rice milk, oat milk)
Firm tofu

FROZEN
Mixed Berries
Blueberries
Edamame
Meatless chicken nuggets
Vegan vanilla ice cream

PANTRY

Rolled oats
Quinoa flakes
Cereal (puffed rice, puffed amaranth,
Jam
Honey
Cornstarch,
Vanilla extract, almond extract
Almond butter homemade
Organic Ketchup
Brown sugar
Maple syrup
Raw cashews
Brown Basmati rice
Dijon mustard
Baking powder, baking soda
Seeds: Chia, sunflower seeds, pepita etc
Vegan butter
Flour (wholemeal, buckwheat, spelt,
Milk: Almond milk, hemp milk, oat milk
coconut milk
Olive oil
Hemp oil
Canola oil
Coconut oil
Aceto balsamico
Dried oregano
Cinnamon, turmeric, cumin, coriander,