

SHOPPING LIST 4

FRUITS & VEGGIES

Blueberries, strawberries
2 lb apples
2 lb bananas
seasonal fruit
Oranges, 2 grapefruits, 2 lemons
Grapes

4 salads (incl romaine+ baby spinach), 1 kale,
Carrots
2 big packages of button mushrooms
2 beets
5 avocados
3 red bell pepper, 1 yellow bell pepper
2 cucumbers
Cocktail tomatoes
Herbs: parsley, basil, cilantro, oregano
Broccoli
4 zucchini
3x asparagus
8 Red onions, yellow onions, garlic
1 small eggplant
1 red cabbage
1lb tomatoes

PACKAGED FOODS

Coconut milk
Umehoshi vinegar
Truffel oil
Nori sheets
Vegan chocolate chips (white and brown)
2 cans of chopped tomatoes
Tomatoe paste
Lingvine
2 cans of cannellini beans
Orange jam
2 cans chickpeas

BAKING & BREAD

Wholegrain sandwich bread
Whole grain bread
Whole grain wraps
Whole grain pita bread

REFRIGERATED (or longlife milk)

Plant-based milks (oat, rice, almond, soy...)
Dairy free vanilla yogurt
2x firm tofu
Lemon garlic hummus
Dairy free cream cheese
Coconut milk (not canned!)

FROZEN

Mixed berries
Edamame
Dairy free vanilla ice cream
Peas

PANTRY

Cereal (low sugar, low fat)
Rolled and steel cut oats
Hemp seeds, Coconut flakes
Cereal (low sugar, low fat) like puffed amaranth, brown rice flakes
Dried apricots, dried cranberries, dates
Quinoa
Quinoa flakes, pearl barley, brown rice
Maple syrup, honey, brown sugar
Flour: whole wheat flour, spelt flour, rice flour
Nuts: pekans, almonds, cashews, pine nuts, walnuts
Chia seeds
Almond butter
Baking powder, baking soda

Spices: Garlic powder, onion powder, ground cumin, turmeric, cinnamon, nutmeg, paprika, cayenne pepper, italian herbs, red pepper flakes

Balsamic vinegar
Crema di balsamico
Apple cider vinegar
Tamari
Dijon Mustard
Nutritional yeast
Egg replacer
Extra virgin olive oil, sesame oil
Applesauce
Dairy free butter
Veggie broth cubes