

# SHOPPING LIST 10

## FRUITS & VEGGIES

Lots of seasonal fruit (mangos, kiwi, melons etc)  
2 pomegranates  
8 green apples  
2 1/2 apples and 2 1/2 pears  
Grapes  
Oranges, grapefruits, lemons and limes, 3 tangerines  
2 1/2 bananas  
3 packs each blueberries, strawberries  
  
1 stalk celery  
1 1/2 green beans  
2 kales, 2 garden salad, 2x romaine salads, baby spinach  
2 1/2 carrots  
5 cucumbers  
6 red and 4 yellow bell peppers and 2 green bell peppers  
Fresh parsley, cilantro  
1 1/2 asparagus  
2 zucchini  
Yellow and red onions, garlic, 1 white onion  
5 avocados  
Cocktail tomatoes  
2-3 butternut squash  
1 1/2 tomatoes  
2 zucchini  
3 sweet potatoes

## PACKAGED FOODS

Maca powder  
Tahini  
2 cans chopped tomatoes  
1 can pureed tomatoes and tomato paste  
Almond butter (if you don't have homemade AB)  
Noodles (Macaroni)  
Coconut milk  
Jam  
Dried apricots  
Truffle oil  
Vegan mayonnaise  
2 cans chickpeas, 2 cans lentils, 2 cans red beans  
Soy flour

## BAKING & BREAD

2x whole grain bread  
2x wholemeal sandwich bread  
Your favorite healthy wraps  
Wholemeal pita bread  
Wholemeal tortillas

## REFRIGERATED (or longlife milk)

Plant based milk (oat, rice, almond, hemp, coconut)  
Vegan grated cheese (optional)  
2 blocks firm tofu  
1 silken tofu

## FROZEN

Mini pie shells  
Mixed berries  
Corn  
Acai pouches

# PANTRY

Cereal (low sugar, low fat)  
Rolled and steel cut oats  
Hemp seeds, coconut flakes, raisins  
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, raw sugar  
Flour: whole wheat flour, spelt flour, brown rice flour  
Nuts: pekans, almonds, cashews, pine nuts, walnuts  
Chia seeds  
Almond butter  
Baking powder, baking soda  
Spices: Garlic+onion powder, ground cumin, turmeric, cinnamon, nutmeg, coriander, cayenne pepper, red pepper flakes, ground cloves, paprika, celery salt, allspice, oregano, bay leaves, fennel seeds  
Balsamic vinegar  
Crema di balsamico  
Apple cider vinegar, sushi vinegar  
Tamari, wasabi (optional)  
Dijon Mustard, vegan mayonnaise  
Nutritional yeast  
Egg replacer  
Olive oil, sesame oil, flaxseed oil  
Applesauce  
Dairy free butter  
Veggie broth  
Ketchup  
Vanilla extract or Bourbon vanilla beans