

SHOPPING LIST 13

FRUITS & VEGGIES

Blueberries, strawberries (fresh or frozen), Raspberries
2 lb apples
2 lb bananas
Seasonal fruit
Oranges, 4 grapefruits, 4 lemons, 2 limes
Grapes

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

REFRIGERATED (or longlife milk)

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

FROZEN

Mixed berries
Edamame
Dairy free chocolate ice cream
Peas
Corn

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