

# SHOPPING LIST

## FRUITS & VEGGIES

Seasonal fruit  
Bananas 10x  
2 lb apples, 4x green apples  
Fresh berries (strawberries- a lot, blueberries.)  
Oranges 1 lb  
Tangerines 3x  
Lemon 2x, lime 1x  
Greens: romaine, mixed greens, rocket, spinach, kale  
Red bell peppers 6x, green bell pepper 2x  
Celery  
3 continental cucumbers  
1 lb carrots  
1 lb tomatoes  
Cocktail tomatoes (school)  
Avocados 4x  
1 big packet of button mushrooms  
Fresh corn  
1 lb plus 4 yellow potatoes, 1 sweet potato  
Garlic, 1 bag yellow onions, 1 white onion  
Fresh herbs: basil, parsley, cilantro, rosemary, mint, sage

## PACKAGED FOODS

Canned cannellini beans 4x, red beans 2x, red lentils 4x  
Canned chopped tomatoes 2x, whole tomatoes 1x  
Gnocchi, spaghetti, rice noodles  
Rice paper, nori sheets  
Sushi vinegar, wasabi, toasted sesame seeds  
Raw cacao powder and raw cacao nibs  
Peanut butter  
Maca powder, spirulina tablets  
Polenta (corn meal)  
Pine nuts  
Crema di balsamico (or balsamic vinegar)  
Low fat/ low sugar granola (or homemade granola, ingredients in "pantry")

## BAKING & BREAD

Wholegrain toast bread  
Whole grain bread 2x (freeze one)  
Chia wraps  
Wholegrain tortillas 2x  
Whole grain pita bread

## REFRIGERATED

Vegan creme cheese  
Vegan shredded cheese  
Leomin garlic hummus  
Tofu  
Parmesan (optional)  
Plant based vanilla yogurt 4x  
Plant based fruit yogurt 4x  
Milk: almond, soy, oat, rice milk

## FROZEN

Corn  
Blueberries, raspberries  
Edamame  
Vanilla ice cream  
Acai pouches  
Vegetarian nuggets

# PANTRY

Cereal  
Rolled and steel cut oats  
Chia seeds  
Flour (buckwheat, whole wheat, spelt, chickpea)  
Jam, honey, maple syrup  
Dates, raisins, dried cranberries  
Baking powder, baking soda,  
Vanilla extract, brown sugar  
Almonds, cashews, pumpkin seeds  
Egg replacer  
Brown rice, quinoa  
Nutritional yeast  
Apple cider vinegar, balsamic vinegar  
EVOO, sesame oil, vegan butter  
Veggie broth  
Spices: garlic powder, onion powder, red pepper flakes, dried oregano, paprika, cumin, cinnamon, nutmeg, cardamom, salt, black pepper  
Hoisin sauce, tamari  
Unsweetened coconut flakes