

# SHOPPING LIST 3

## FRUITS 4 VEGGIES

Seasonal fruit

Oranges, 2 grapefruits, 3 lemons

Berries (strawberries, blueberries)- a lot

4 Pomegranates

1 lb Apples, 1 lb pears

1 lb bananas

Parsley, Mint, rosemary

Garlic

Yellow onion

1 large + 1 small package button mushrooms

2 lb carrots with greens attached

3 cucumbers

4 red peppers

1 green pepper

6 sweet potatoes

1/2 lb parsnips

3 red onions, 1 white onion

2 fennel

4 eggplants

2-3 salads (incl romaine), baby spinach

4 avocados

1 leek

1/2 celery bunch

## PACKAGED FOODS

Whole wheat couscous

Tomato sauce

5 cans red beans

Vegan mayonnaise

Unsweetened organic applesauce

4 cans chopped tomatoes

Red lentils

Whole wheat couscous

Pearl barley

Coconut milk 2x

## BAKING 4 BREAD

Wholegrain sandwich bread

Whole grain bread

Whole grain wraps

Whole grain pita bread

Whole wheat pizza base

Whole wheat flour tortillas

## REFRIGERATED

Vegan creme cheese

Vegan hot dog sausages

Grated vegan cheese

Tofu extra firm 2x

Plant based vanilla yogurt 4-6x

Plant based blueberry yogurt 2x

Milk: almond, soy, oat, rice milk

## FROZEN

Corn

Berries (if not available fresh)

Dairy free vanilla ice cream

# PANTRY

Cereal (low sugar, low fat)

Rolled and steel cut oats

Wheat germ

Cereal (low sugar, low fat) like puffed amaranth, brown rice flakes

Dried apricots, dried cranberries, dates

Coconut flakes

Quinoa flakes, pearl barley, brown rice

Maple syrup, honey, brown sugar

Flour: whole wheat flour, spelt flour

Baking powder, baking soda

Nuts: pekans, almonds, cashews, pine nuts, walnuts

Poppy seeds

Maca powder, raw cacao powder

Raw cacao nibs

Spices: Garlic powder, onion powder, celery salt, ground cumin, turmeric, cinnamon, nutmeg, paprika, cayenne pepper, allspice, cinnamon sticks, Italian herbs, red pepper flakes

Balsamic vinegar

Crema di balsamico

Apple cider vinegar

Dijon Mustard

Nutritional yeast

Egg replacer

Extra virgin olive oil

Wholemeal bread crumbs

Dairy free butter

Veggie broth cubes