

# SHOPPING LIST 6

## FRUITS & VEGGIES

Lots of seasonal fruit  
Oranges, 2x lemons, 1 grapefruit  
Berries (strawberries, blueberries)  
2 lb bananas  
Grapes  
4 green apples  
4 mangos  
1 lb of pears, apples  
Watermelon, cantaloupe  
1 brown coconut (or buy grated coconut)  
1 fresh Thai coconut

2x cucumbers  
1 large bag carrots  
1 bag carrots  
4 avocados  
2x red and 2x yellow bell peppers  
3 salads (romaine, rocket, green salad)  
Cocktail tomatoes  
Cilantro, parsley, basil, sage, chives  
Yellow and red onion, garlic  
4 portobello mushrooms, 1 package of button mushrooms  
2-3 sweet potatoes  
Kale, baby spinach leaves  
1/2 bunch of celery  
2 zucchini  
1 red beet  
1 fennel, 1 cauliflower

## PACKAGED FOODS

Cracker  
3x canned chickpeas  
4x canned red kidney beans  
Linguine, spaghetti  
Nori sheets  
Raw cacao powder, raw cacao nibs (optional)  
2x cannellini beans  
2x coconut milk  
Applesauce  
Tapioca pearls  
Chickpea flour

## BAKING & BREAD

Whole grain Bread  
Wholemeal sandwich bread  
Wholemeal tortillas 2 packages  
Wholegrain wraps  
Wholemeal buns  
Wholemeal bagels

## REFRIGERATED (or longlife milk)

Plant based vanilla yogurt 4x  
Plant based milk (oat, rice, almond, soy, coconut)  
vegan cream cheese  
Hummus (our favorite is lemon garlic hummus)

## FROZEN

Acai pouches  
Sweet potato fries  
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, 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 powder, onion powder, ground cumin, turmeric, cinnamon, nutmeg, paprika, cayenne pepper, italian herbs, red pepper flakes  
Balsamic vinegar  
Crema di balsamico  
Apple cider vinegar, sushi vinegar  
Tamari, wasabi (optional)  
Dijon Mustard, vegan mayonnaise  
Nutritional yeast  
Egg replacer  
Extra virgin olive oil, sesame oil, coconut oil  
Applesauce  
Dairy free butter  
Veggie broth cubes  
Ketchup