SHOPPING LIST 7

PANTRY

FRUITS 4 VEGGIES

Lots of seasonal fruit (mangos, kiwi, melons etc)
Grapes
1 lp pears
1 lp apples
1 lp bananas
Lots of berries (strawberries!! Fresh or frozen blueberries)
3 lemons, 7 oranges, 2 grapefruits

4 avocados
1 lp cocktail tomatoes
zucchini
2 eggplants
1 lp carrots
4 bell peppers (yellow and red)
2 cucumbers
Mint, parsley, cilantro, basil, thyme
2 salads, 1 rocket salad
4 yellow and 4 red onions, garlic
1 green bell pepper
1/2 bunch of celery
Mushrooms (for pizza)
7 zucchinis
1 lp acorn squash or butternut squash piece

PACKAGED FOODS

Rice paper rolls
Rice noodles
Peanut butter
Coconut milk
2 cans of chickpeas
1 can diced tomatoes
2 cand red kidney beans
Blackberry jam
Organic tomato sauce
Sun- dried tomatoes
Brown lentils

Rotini noodles

BAKING 4 BREAD

2x Whole grain Bread
2x whlemeal sandwich bread
Wholegrain wraps and chia wraps
Pizza base (optional)

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)
2x firm tofu
Vegan grated cheese
1 package vegetarian hot dogs

FROZEN

frozen raspberries

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 powder, onion powder, ground cumin, turmeric, cinnamon, nutmeg, coriander, cayenne pepper, red pepper flakes, ground cloves, paprika, celery salt, allspice, oregano

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
Ketchup