

SHOPPING LIST 8

FRUITS & VEGGIES

Lots of seasonal fruit (mangos, kiwi, melons etc)

Grapes

4 green apples

2 lp apples

2 lp bananas

Berries (strawberries!! Fresh or frozen blueberries)

3 lemons, 7 oranges, 2 grapefruits, 2 tangerines

1 Pineapple

2 pomegranates

Salads (green, romain, spinach, rocket)

1 lp carrots

1/2 bunch celery

3 cucumbers

4x yellow and 7x red bell pepper

Kale

Mint, sage, parsley, cilantro

Corn on the cob

Onions (yellow, red) and garlic

4 sweet potatoes

2 Avocados

1 large package button mushrooms

1 butternut squash

4 large yellow potatoes

PACKAGED FOODS

2 cans chickpeas, 1 can red kidney beans, 1 can pinto beans

1x canned tomato sauce, 2x canned chopped tomatoes

Spaghetti

Macademia nuts

Raw cacao powder

Vegan chocolate chips (optional)

Confectioner's sugar (optional)

Red wine

Whole wheat couscous

2 cans brown lentils, 2 cans cannellini beans

BAKING & BREAD

2x whole grain bread

2x wholemeal sandwich bread

Wholegrain wraps and chia wraps

Tortillas

Wholemeal pita bread

REFRIGERATED (or longlife milk)

Plant based vanilla and fruit yogurt 4x

Plant based milk (oat, rice, almond, soy, coconut)

vegan cream cheese

Hummus (our favorite is lemon garlic hummus)

2x firm tofu

Vegetarian nuggets

Coconut milk (in carton, not canned)

Non dairy butter (optional)

FROZEN

Mixed berries

Raspberries

PANTRY

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

Vanilla extract or Bourbon vanilla beans