

SHOPPING LIST 9

FRUITS & VEGGIES

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

2 pomegranates

4 green apples

2 1p apples and 2 1p pears

grapes

Oranges, grapefruits, lemons and limes

2 1p bananas

2 packs of blueberries, strawberries

2 kiwi fruits

1 stalk celery

1 eggplant

2 kales, 1 garden salad, 2x romaine salads, baby spinach

1 1p carrots

4 cucumbers

4 red and 4 yellow bell peppers

Fresh parsley, rosemary

1 1p asparagus

2 zucchini

Yellow and red onions, garlic

4 Avocados

Cocktail tomatoes

Red cabbage

1 1p tomatoes

2 leeks

2 sweet potatoes

PACKAGED FOODS

Nori sheets

Tahini

1 can chopped tomatoes

1 can pureed tomatoes

Red wine, dry white wine

Whole wheat spaghetti and rotini

Sesame seeds

Jam

Raw cacao powder

Raw cacao nibs

Cashews

Whole wheat couscous

BAKING & BREAD

2x whole grain bread

2x wholemeal sandwich bread

Your favorite healthy wraps

Wholemeal pita bread

Wholemeal tortillas

REFRIGERATED (or longlife milk)

Plant based vanilla 2x

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

Vegan cheese slices or grated cheese

1 block firm tofu

FROZEN

Blueberries

Raspberries

Edamame

Corn

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, bay leaves

Balsamic vinegar

Crema di balsamico

Apple cider vinegar, sushi vinegar

Tamari, wasabi (optional)

Dijon Mustard, vegan mayonnaise

Nutritional yeast

Egg replacer

Olive oil, sesame oil, flaxseed oil

Applesauce

Dairy free butter

Veggie broth

Ketchup

Vanilla extract or Bourbon vanilla beans