

SHOPPING LIST 11

FRUITS & VEGGIES

Lots of seasonal fruit (mangos, kiwi, melons etc)
2 pomegranates
8 green apples
2 lp allpes and 2 lp pears
Grapes
Oranges, grapefruits, lemons and limes, 3 tangerines
2 lp bananas
3 packs each blueberries, strawberries
Watermelon and cantaloupe (rockmelon)
Kiwis

2 kales, 2 garden salad, 2x romaine salads, baby spinach
1 lp carrots
4 cucumbers
6 red and 4 yellow bell peppers
Fresh parsley, cilantro, rosemary, basil
1/2 celery
1 lp mixed mushrooms
Yellow and red onions, garlic, 1 white onion, 1 sweet onion
4 avocados
Cocktail tomatoes
1/2 butternut squash
1 lp tomatoes
1 large eggplant

PACKAGED FOODS

Nori sheets
Tahini
2 cans chopped tomatoes, 1 can pureed tomatoes
1 can red lentils
Almond butter (if you don't have homemade AB)
2 cups chickpeas, 2 cans cannellini beans
2 cans coconut milk
Dried apricots
Vegan mayonnaise
Wasabi paste
Polenta
Dry white wine, red wine
Goji berries
Poppy seeds

BAKING & BREAD

2x whole grain bread
2x wholemeal sandwich bread
Your favorite healthy wraps
Wholemeal pita bread

REFRIGERATED (or longlife milk)

Plant based milk (oat, rice, almond, hemp, coconut)
Vegan grated cheese (optional)
2 blocks firm tofu
2 plant based vanilla yogurts

FROZEN

Blueberries (or fresh)
Mixed berries
Corn
Acai pouches
Edamame
Peas

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+onion powder, ground cumin, turmeric, cinnamon, nutmeg, coriander, cayenne pepper, red pepper flakes, ground cloves, paprika, celery salt, allspice, oregano, bay leaves, fennel seeds

Balsamic vinegar, rice 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