

SHOPPING LIST 12

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 mangos
1 1p peaches
2 kiwi fruits

1/2 stalk celery
1 eggplant
2 kales, 1 garden salad, 2x romaine salads, baby spinach
1 1p carrots
5 cucumbers
4 red and 4 yellow and 2 green bell peppers
Fresh parsley, rosemary, cilantro,
1 1p asparagus
2 zucchini
Yellow and red onions, garlic
4 Avocados
Cocktail tomatoes
1 large sweet potatoe
1 1p tomatoes

PACKAGED FOODS

Nori sheets
Semolina
3 cans chopped tomatoes
2 cans pureed tomatoes
2 cans chickpeas, 2 cans red kidney + 4 cans cannellini beans
Coconut milk
Sesame seeds
Jam
Whole wheat couscous
Whole meal spaghetti

BAKING & BREAD

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

REFRIGERATED (or longlife milk)

Plant based vanilla 2x
Plant based milk (oat, rice, almond, hemp, coconut)
vegan grated cheese
1 block firm tofu
vegan sausages
1 package firm tofu

FROZEN

Blueberries
Raspberries
Edamame
Corn
Mixed berries
Non dairy vanilla ice cream

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