

# SHOPPING LIST

## Pantry Staples:

### Plant-based alternatives:

Plant-based milk  
Coconut milk  
Vegan butter

### Nuts:

Almonds  
Cashews  
Pecans  
Walnuts  
Hazelnuts  
Brazil nuts

### Seeds:

Ground flaxseed  
Chia seeds  
Pepitas  
Sesame seeds  
Sunflower seeds  
Hemp seeds

### Dried fruit:

Medjool dates  
Dried cranberries (sugar-free)  
Raisins/sultanas  
Coconut flakes

### Dried herbs/spices:

Ground cardamom  
Ground cinnamon

Ground cumin  
Whole cumin seeds  
Ground coriander  
Garlic powder  
Ground ginger  
Turmeric  
Red pepper flakes  
Smoked paprika  
Paprika  
Garam masala  
Cayenne pepper  
Ground chili  
Oregano  
Basil  
Bay leaves  
Parsley  
Sea salt  
Black pepper

### Whole grains:

Gluten-free rolled oats  
Tricolor quinoa  
Millet  
Buckwheat kernels  
Amaranth

### Whole grain flours:

Brown rice flour  
Oat flour

Almond meal  
Buckwheat flour  
Corn starch  
Chickpea flour  
Tapioca flour

### Beans and legumes:

Chickpeas  
Green/brown lentils  
French puy lentils  
Borlotti beans  
Butter (lima) beans  
Pinto beans  
Fava beans

### Oils/butters:

Extra virgin olive oil  
Sesame oil  
Almond butter  
Organic peanut butter  
Orange essential oil

### Vinegars and condiments:

Raspberry vinegar  
Balsamic vinegar  
Rice wine vinegar  
Red wine vinegar  
Apple cider vinegar

Tamari sauce  
Tahini  
Dijon mustard  
Miso paste (white and brown rice)

### Pantry vegetables:

Diced tomatoes  
Tomato paste/purée  
Garlic  
Brown/yellow onions  
Green onions

### Baking ingredients/sweeteners/others:

Organic vanilla extract  
Organic cacao powder  
Baking powder  
Apple sauce  
Powdered monk fruit, xylitol or erythritol sugar  
Honey  
Matcha powder  
Vegetable stock  
Nutritional yeast flakes

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## Week One:

### **Fruits and veggies:**

2 nectarines (white or yellow)

2-3 bananas

1 green apple

2 lemons

1 orange (for the zest)

3 carrots

2 cucumbers

1 large red bell pepper

5 small beets

1 ½ cup shredded red cabbage

⅓ cup radishes

10 cherry tomatoes

1 zucchini

750g (26 oz) ripe tomatoes

½ fennel bulb

1 cup arugula

3 cups baby spinach leaves

1 cup tightly packed kale

1 small sweet potato

6 shiitake mushrooms

10-12 asparagus spears

½ cup peas (fresh or frozen)

### **Frozen fruit/veggies:**

4 oz frozen cranberries

4 oz frozen strawberries

⅓ cup edamame beans

### **Fresh herbs/sprouts:**

½ cup continental parsley

2 cups basil leaves

2 tsp ginger

Handful sprouts of choice

### **Plant-based alternatives:**

½ cup plant-based yogurt

16 oz firm tofu

14 oz silken tofu

½ cup vegan butter

2 tbsp coconut yoghurt

¼ cup white miso paste

¼ cup crumbled Vegan Feta:

7 oz extra firm tofu

Blanched almonds

Brine from a jar of green olives

### **Grains/legumes:**

2 slices of gluten-free bread

5 oz soba noodles

### **Miscellaneous:**

Pickles

2 tbsp sundried tomatoes, sliced

⅔ cups sparkling water

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## Week Two:

### **Fruits and veggies:**

4 bananas  
4 mangoes  
½ lime  
4 figs  
½ cup pomegranate seeds  
Handful blueberries  
1 fuji apple  
1 kiwi  
4 cups baby spinach  
1 ½ cup packed kale  
1 cup arugula  
1 cup bok choy  
(or other Asian greens)  
1 small avocado  
½ cup cucumbers  
4 medium zucchinis  
Cherry tomatoes  
3 tomatoes  
1 red onion  
4 large romaine lettuce leaves  
3 carrots  
1 red bell pepper  
½ cup purple cabbage  
5-6 Brussel sprouts  
1 head cauliflower

5 small sweet potatoes  
1 bunch broccoli  
2 stalks celery  
1 cup peas (fresh or frozen)  
4-6 asparagus spears

### **Frozen fruit/veggies:**

1 cup frozen pineapple  
1 cup frozen mango

### **Fresh herbs:**

2 cups basil leaves  
Handful sprouts of choice

### **Nuts/seeds:**

½ cup pistachios

### **Whole grains:**

Ramen (gluten-free) or  
soba noodles

### **Plant-based alternatives:**

7 oz firm tofu  
100g tempeh  
½-1 cup Vegan Feta

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## Week Three:

### Fruits and veggies:

2 bananas  
½ cup frozen or fresh pineapple  
Handful strawberries  
Handful blueberries  
1 cup fresh or frozen mango  
2 kiwi fruit  
1 lemon  
4 tomatoes  
2 cup fresh baby spinach  
1 cup kale  
1 cup arugula  
1 cup red cabbage  
4 medium sweet potatoes  
1 white potato  
250g (9 oz) brown mushrooms  
(or Portabella)  
3 red bell peppers  
2 large yellow bell peppers  
1 carrot  
1 small cucumber  
1 celery stalk  
1 cup sliced button mushrooms  
1 red chili  
1 ½ cups sweet corn kernels  
(fresh or frozen)

1 avocado  
1 aubergine  
1 zucchini  
2 yellow squashes

### Fresh herbs and sprouts:

4 sprigs mint leaves  
1 cup chopped parsley  
Bunch coriander  
Bunch thyme  
½ cup Broccoli sprouts

### Plant-based alternatives:

4 oz firm tofu

### Whole grains:

150g of your favourite  
dried gluten-free spaghetti

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## Week Four:

### Fruits and veggies:

3 bananas  
3 limes  
3 lemons  
½ green apple  
1 small avocado  
2 ½ cups butternut squash  
4-5 artichoke hearts  
3-4 large carrots  
2-3 red bell peppers  
½ red chilli  
5 small beets  
1 cup arugula  
1 ½ cups kale  
1 cup baby spinach  
½ cucumber

### Plant-based alternatives:

2 tbsp vegan butter  
¼ cup Vegan Feta

### Whole grains:

4 oz gluten-free pasta  
of choice  
2 portions brown rice  
noodles  
2 slices of gluten-free  
bread

### Frozen fruits/veggies:

1 ½ cups frozen blueberries

### Fresh herbs:

Bunch fresh parsley  
Handful sprouts of choice  
1 tsp fresh turmeric  
1 tsp fresh ginger