

Shopping List

| Week 3 |

Vegetables, fruits and berries

✓	Item	Quantity	Suggestion	✓	Item	Quantity	Suggestion
	Berries	22tbsp (about 550g, 19.4oz)	Prefer organic		Cauliflower	½ head (400g, 14oz)	
	Blueberries	17tbsp (about 425g, 15oz)	Prefer organic		Carrots	8pc (800g, 28.22oz)	Prefer organic
	Persimmons	4pc (520g, 18.34oz)			Red bell pepper	1pc (170g, 6oz)	Prefer organic
	Kiwi	1pc (80g, 2.82oz)			Onions	6pc (360g, 12.7oz)	
	Oranges	5pc (950g, 33.51oz)			Pumpkin	250g (8.82oz)	
	Apples	5pc (400g, 14.11oz)	Prefer organic		Mushrooms	250-280g, 8.82-9.88oz	
	Banana	6pc			Potatoes	5pc (370g, 13.05oz)	Prefer organic
	Lemons	4pc			Crushed tomatoes	1 can	
	Beets	2pc (200g, 7oz)			Cherry tomatoes	About 10pc	
	Green olives	5pc			Leek	100g, 3.53oz	
	Broccoli	1 head (500g, 17.64oz)			Eggplant	1pc (300g, 10.58oz)	
	Beetroot, boiled	1050g, 37.04oz	Or oven-baked		Pumpkin puree	400ml, 13.52 fluid oz	
	Rocket	some			Celery*	1 stalk	Prefer organic
	Salad	1350g, 47.62oz	Iceberg or other		Avocado*	2pc	
	Greens	125g, 4.4oz	Prefer organic		Summer squash	1pc (200g, 7oz)	Prefer organic
	Turnip*	½ pc (335g, 11.82oz)			Sauerkraut	100g, 3.52oz	

Turnip – if you can't buy half, just snack the other half raw whenever you want.

Celery – use leftover in your Smoothie, use more stalks in recipes or leave it for next week's meals.

Avocado – preserve leftover with the stone attached in a safely covered bowl or box in the fridge.

Grains, legumes and flours

✓	Item	Quantity	Suggestion	✓	Item	Quantity	Suggestion
	Whole grain oats	225g, 7.94oz	Prefer organic		Whole grain pasta	100g, 3.53oz	Prefer organic
	Whole grain rice flour	60g, 2.12oz	Prefer organic		Red lentils	400g, 14.11oz	
	Quinoa	60g, 75ml	Prefer organic		Brown rice	200g, 7oz	Prefer organic
	Raw buckwheat flour	160g, 5.64oz	Prefer organic		Canned beans	3 cans	BPA-free cans or jars
	Millet	50g, 1.76oz	Prefer organic		Chickpea flour	8tbsp	
	Oat flour	115g, 4.06oz	Prefer organic				

Herbs, spices, oils, and plant based milks

✓	Item	Quantity	Suggestion	✓	Item	Quantity	Suggestion
	Cinnamon	5tsp			Smoked paprika	2tsp	
	Ginger, ground	2.25tsp	Prefer organic		Oregano	4tsp	
	Balsamic vinegar	2tsp			Rosemary	3tsp	
	Garlic powder	3tsp			Turmeric	½tsp	
	Nutritional yeast	14tbsp (70g, 2.5oz)			Parsley, fresh	some	
	Agar-agar*	3.5g, 0.12oz			Mustard	1tsp	
	Sea salt	some			Black pepper	some	
	Carob powder OR...	2tsp OR...			Vegetable broth powder	2tsp	Organic, yeast-free
	...Cacao powder	...1tsp			Baking powder	1tsp	Organic, tartrate
	Curry powder	2tsp			Coconut milk	3tbsp + 100ml, 3.38 fluid oz	Without additives

	White wine, dry	100ml, 0.4 cups			Olive oil	2tsp	
	Garlic, fresh	10 cloves			Bay leaf	1pc	
	Granulated onion	handful			Soy sauce	some	

***Agar-agar – can seem a little expensive at first, but you'll only use ¼ tsp a day, so it'll last for a long time!**

Nuts, seeds, dried fruit

√	Item	Quantity	Suggestion	√	Item	Quantity	Suggestion
	Flax seeds	7tbsp	Prefer organic		Dates	6pc	Prefer organic
	Hemp seeds	5tbsp	Prefer organic		Walnuts	50g, 1.76oz	Prefer organic
	Goji berries	75g, 2.65oz	Prefer organic		Poppy seeds	5tsp	Prefer organic
	Brazil nuts	7pc (28g, 1oz)	Prefer organic		Peanuts, unroasted	1tbsp	Prefer organic
	Shredded coconut	35g, 1.23oz	Prefer organic		Sunflower seeds	2 heaped tsp	Prefer organic
	Cashews	20pc	Prefer organic		Sesame seeds, unhulled	10tsp	

Storing nuts and seeds, and dried fruit

Once you have opened the package (nuts, seeds), store it in freezer. Smaller quantities can also be stored in fridge. Nuts and seeds go rancid on room temperature very easily. If they taste bitter, better do not eat them. Store dried fruits in covered glass jars in fridge.

Optional:

honey

agave syrup

maple syrup

NB! Shopping list does not include animal products.