

## Shopping List

|Week 4|

### Vegetables, fruits and berries

✓	Item	Quantity	Suggestion	✓	Item	Quantity	Suggestion
	Berries	14tbsp (310g, 11oz)	Prefer organic		Cauliflower	¾ head (600g, 21oz)	
	Strawberries	3pc	Prefer organic		Carrots	10pc (1000g, 35oz)	Prefer organic
	Persimmons	4pc (400g, 14oz)			Red bell pepper	3pc (about 510g, 18oz)	Prefer organic
	Blueberries	12tbsp (300g, 11oz)			Onions	6pc (475g, 17oz)	
	Oranges	6pc			Pumpkin	½ kilo, 1.1lbs	
	Apples	3pc	Prefer organic		Sweet potato	1.5pc (195g, 7oz)	
	Banana	5pc			Potatoes	5pc (380g, 13.4oz)	Prefer organic
	Lemons	4pc	For morning lemon water		Crushed tomatoes	1 can	
	Kiwi	2pc			Savoy cabbage	½ head (500g, 17.6oz)	
	Green olives	5pc			Leek	1 small (66g, 2.33oz)	
	Broccoli	½ head (250g, 8.82oz)			Eggplant	2pc (600g, 21oz)	
	Beetroot, boiled	200g, 7.06oz	Or oven-baked		Corn	2 small cans (140g, 5oz)	
	Beets	2pc, small (200g, 7oz)			Celery*	4 stalks	Prefer organic
	Roman lettuce	585g, 20.6oz			Avocado*	1pc	
	Spinach	1250g, 44oz	Prefer organic		Summer squash	1pc (200g, 7oz)	Prefer organic
	Applesauce	200ml (0.85 cup)					

**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	140g, 5oz	Prefer organic		Whole grain pasta	100g, 3.53oz	Prefer organic
	Raw buckwheat	70g, 2.5oz	Prefer organic		Red lentils	80g, 2.82oz	
	Quinoa	80g, 2.82oz	Prefer organic		Brown rice	300g, 10.6oz	Prefer organic
	Raw buckwheat flour	90g, 3.2oz	Prefer organic		Canned beans	2 cans	BPA-free cans or jars
	Millet	50g, 1.76oz	Prefer organic		Brown lentils	200g, 7.06oz	
	Oat flour	75g, 2.6oz	Prefer organic		Chickpeas	2 cans	
	Whole grain bread	2 slices (70g, 2.5oz)	Store leftovers as slices in freezer		Tortillas, whole grain	2pc	
	Rice flour, whole grain	30g, 1.06oz					

### Herbs, spices, oils, and plant based milks

✓	Item	Quantity	Suggestion	✓	Item	Quantity	Suggestion
	Cinnamon	3.5tsp			Smoked paprika	1tsp	
	Nutmeg, ground	½tsp	Prefer organic		Oregano	2tsp	
	Sage, dried	1tsp			Rosemary	1tsp	
	Garlic powder	2tsp			Turmeric	0.75tsp	
	Nutritional yeast	14tbsp			Coriander, fresh		
	Agar-agar*	1.75tsp			Mustard	½tsp	
	Sea salt	some			Black pepper	some	
	Carob powder	1tbsp + 2tsp			Vegetable broth powder	6tsp	Organic, yeast-free
	Cacao powder	1tbsp + (1tsp)			Baking powder	1tsp	Organic, tartrate
	Curry powder	1tsp			Coconut milk	2tbsp + 150ml	Without additives

	Ginger powder	1.25tsp			Olive oil	1tsp	
	Garlic, fresh	7 cloves			Parsley, fresh	some	
	Peppermint, fresh		optional		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, sweets

✓	Item	Quantity	Suggestion	✓	Item	Quantity	Suggestion
	Flax seeds	6tbsp	Prefer organic		Dates	7pc	Prefer organic
	Hemp seeds	4tbsp	Prefer organic		Tahini	1tbsp	Prefer organic
	Raisins	1tbsp	Prefer organic		Sesame seeds, unhulled	8tsp	
	Brazil nuts	14pc (56g, 2oz)	Prefer organic		Dark chocolate (at least 70%)	5pc (25g, 0.9oz)	Prefer organic
	Shredded coconut	2 handfuls (20g, 0.7oz)	Prefer organic		Sunflower seeds	1tbsp + 3tsp	Prefer organic
	Cashews	10pc	Prefer organic				

#### 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.