

Shopping List

| Meal Plan issued on Jan 29, 2015 |

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.