

## Shopping List

| Week 1 |

### Vegetables, fruits and berries

✓	Item	Quantity	Suggestion	✓	Item	Quantity	Suggestion
	Blueberries	232g, 8.18oz	Prefer organic		Cauliflower	½ head (400g, 14.11oz)	
	Frozen berries	2tbsp + 300g, 0.58oz			Carrots	13 pc (1260g, 44.45oz)	Prefer organic
	Blackcurrants	1tbsp			Pak Choi	125g, 4.41oz	Prefer organic
	Strawberries	458g, 16.16oz	Prefer organic		Onions	6 pc (550g, 19.4oz)	
	Oranges	4 pc			Kiwi	2 pc (160g, 5.64oz)	
	Apples	5 pc (550g, 19.4oz)	Prefer organic		Leek	66g, 2.33oz	
	Pears	4 pc (800g, 28.22oz)			Potatoes	6 pc (430g, 15.17oz)	Prefer organic
	Lemons	about 4 pc			Crushed tomatoes	1 can	
	Bananas	8 pc			Olives	15 pc	
	Beetroot, boiled	400g, 14.11oz	Whole or grated		Red bell pepper	1 pc (170g, 6oz)	Prefer organic
	Broccoli	1 head (350g, 12.35oz)			Mushrooms	1 pack (about 250g, 8.19oz)	
	Beetroot, raw	1 pc (small)	Prefer organic		Sweet potato	2.5 pc (about 320g, 11.29oz)	
	Sauerkraut	100g, 3.53oz			Celery*	3 stalks	Prefer organic
	Salad	1300g, 2.87 pounds			Pickled cucumber	100g, 3.53oz	Lacto-fermented
	Rocket	50g, 0.11oz			Avocado*	2 pc	
	Spinach	650g, 22.93oz	Prefer organic		Summer squash	1 pc (100g, 3.53oz)	Prefer organic
	Eggplant	0.5 pc, 150g, 5.29oz					

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

**Rocket** – serve leftovers with lunches and dinners.

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

**Sauerkraut** – eat leftover with meals (you can sub salad) or use more in Beetroot-Sauerkraut Salad.

### Grains, legumes and flours

✓	Item	Quantity	Suggestion	✓	Item	Quantity	Suggestion
	Whole grain oats	225g, 7.94oz	Prefer organic		Whole grain pasta	50g, 1.76oz	Prefer organic
	Whole grain oat flour	115g, 4.06oz	Prefer organic		Red lentils	335g, 11.82oz	
	Brown rice flour	30g, 1.06oz	Prefer organic		Brown rice	235g, 8.29oz	Prefer organic
	Raw buckwheat flour	130g, 4.59oz	Prefer organic		Canned beans (chickpeas)	2.5 pc	
	Raw buckwheat	50g, 1.76oz	Prefer organic		Millet	50g, 1.76oz	
	Quinoa	120g, 4.23oz			Whole grain bread	2 slices	Without added sugar
	Green peas	295g, 10.41oz					

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

✓	Item	Quantity	Suggestion	✓	Item	Quantity	Suggestion
	Cinnamon	4.5tsp			Coconut or olive oil	1tsp	
	Ginger, ground	3tsp			Oregano	2tsp	
	Coriander seeds	1tsp			Rosemary	1tsp	
	Garlic powder	5.5tsp			Turmeric	0.5tsp	
	Nutritional yeast	16tbsp (80g, 2.82oz)			Parsley, fresh	4tbsp	
	Agar-agar*	3.5g, 0.12oz			Onion greens		
	Sea salt				Curry powder	3.5tsp	
	Carob powder	4tsp or			Broth powder	4tsp	Organic, no yeast
	Cacao powder	2tsp			Baking powder	1tsp	Organic, tartrate
	Cardamom				Coconut milk	4tbsp + 200 ml (about 1 cup)	Without additives
	Basil, fresh	2 stalks					

\*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	6 pc	Prefer organic
	Hemp seeds	6tbsp	Prefer organic		Hazelnuts	15g, 0.53oz	Prefer organic
	Walnuts	125 ml (1/2 cup)	Prefer organic		Poppy seeds	4tsp + 10g, 0.35oz	Prefer organic
	Almonds	55g, 1.94oz	Prefer organic		Sesame seeds, unhulled	12tsp	Prefer organic
	Shredded coconut	35g, 1.23oz	Prefer organic		Sunflower seeds	100g, 3.53oz	Prefer organic
	Goji berries	50g (1.76oz) + 125 ml (1/2 cup)	Prefer organic		Pumpkin seeds	8g, 0.28oz	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.