

## Shopping List

| Week 2 |

### Vegetables, fruits and berries

✓	Item	Quantity	Suggestion	✓	Item	Quantity	Suggestion
	Blueberries	120g, 4.23oz	Prefer organic		Cauliflower	½ head (400g, 14.11oz)	
	Strawberries	466g, 6.44oz	Prefer organic		Carrots	13pc (1300g, 45.86oz)	Prefer organic
	Blackcurrants	2tbsp			Pak Choi	125g, 4.41oz	Prefer organic
	Kiwi	2pc			Onions	5pc (580g, 20.46oz)	
	Oranges	10pc			Pumpkin	250g, 8.82oz	
	Apples	2pc (200g, 7oz)	Or apple sauce		Leek	166g, 5.86oz	
	Pears	3pc (600g, 21.16oz))			Potatoes	6pc (440g, 15.52oz)	Prefer organic
	Lemons	about 4pc			Crushed tomatoes	1 can	
	Banana	7pc			Olives	15pc	
	Eggplant	1pc (300g, 10.58oz)			Red bell pepper	1pc (170g, 6oz)	Prefer organic
	Broccoli	1 head (500g, 17.64oz)			Plums	4pc	
	Beetroot, boiled	800g, 28.22oz	Or oven-baked		Sweet potato	1pc (about 130g, 4.59oz)	
	Cabbage	¼ head (415g, 14.64oz)			Celery*	4 stalks	Prefer organic
	Salad	1125g, 39.68oz			Avocado*	2pc	
	Spinach	250g, 8.82oz	Prefer organic		Summer squash	1 tk (200 g)	Prefer organic

**Celery** – use leftover in your Red 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, 4.94oz	Prefer organic		Whole grain pasta	100g, 3.53oz	Prefer organic
	Oat flour	78g, 2.75oz	Prefer organic		Red lentils	180g, 6.35oz	
	Quinoa	180g, 6.35oz	Prefer organic		Brown rice	300g, 10.58	Prefer organic
	Raw buckwheat flour	60g, 2.12oz	Prefer organic		Canned beans, chickpeas	4pc	BPA-free cans or jars
	Raw buckwheat	100g, 3.53oz	Prefer organic		Green peas	200g, 7oz	

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

✓	Item	Quantity	Suggestion	✓	Item	Quantity	Suggestion
	Cinnamon	3.5tsp			Smoked paprika	2tsp	
	Ginger, ground	1.75tsp	Prefer organic		Oregano	2tsp	
	Thyme	½tsp			Rosemary	1 1/4 tsp	
	Garlic powder	5tsp			Turmeric	1tsp	
	Nutritional yeast	10tbsp (50g, 1.76oz)			Parsley, fresh	5tbsp + 1dl (0.42 cups)	
	Agar-agar*	3.5g, 0.12oz			Onion greens		
	Sea salt				Curry powder	2tsp	
	Caraway seeds	¼tsp			Vegetable broth powder	5tsp	Organic, yeast-free
	White wine, dry	100ml, 0.42 cup			Baking powder	1tsp	Organic, tartrate
	Cardamom	½tsp			Coconut milk	7tbsp + 150ml (0.63 cup)	Without additives
	Basil, fresh	2 stalks			Mustard	1tsp	
	Bay leaf	1pc					

\*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	7pc	Prefer organic
	Hemp seeds	5tbsp	Prefer organic		Cashews	28g, 10oz	Prefer organic
	Goji berries	20g, 0.7oz	Prefer organic		Poppy seeds	2tsp	Prefer organic
	Brazil nuts	3pc	Prefer organic		Peanuts, unroasted	20g, 0.7oz	Prefer organic
	Shredded coconut	20g, 0.7oz	Prefer organic		Sunflower seeds	62g, 2.2oz	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.