

# WEEK 3 SHOPPING LIST

## STAPLES:

### WET

- Apple cider vinegar
- Coconut oil
- Olive oil
- Tahini
- Tamari sauce
- Tomato puree
- Sriracha or other hot sauce
- Maple syrup
- Agave syrup
- Dijon mustard

### DRY

- Vegan protein powder
- Salt
- Black pepper
- 4 vegetable stock cubes
- Cayenne pepper
- Cinnamon
- Cumin seeds
- Garam masala
- Garlic powder
- Ground cumin
- Ground coriander
- Oregano
- Smoked paprika
- Turmeric

## WEEKLY SHOPPING:

### FRUIT & VEGETABLES

- 4 beetroots
- 1 broccoli head
- 2 yellow onions
- 1 red onion
- 1 small white or red cabbage
- 1 garlic (~5 garlic cloves)
- 1 thumb-sized piece of ginger
- 2 red chilies
- 1 lemon
- 1 lime
- 7 avocados
- 2 tomatoes

### FRESH HERBS

- 1 Spring onion
- 200g kale
- 150g spinach
- 7 bananas
- 2 apples
- Coriander

### NUTS AND SEEDS

- (all raw and unsalted)
- 75g chia seeds
- 60g ground flaxseed
- 200g almonds
- 25g slivered almonds
- 125g cashews
- 100g pistachios
- 50g pine nuts
- 275g pumpkin seeds
- 275g walnuts

### GRAINS AND LEGUMES

- 200g green lentils
- 400g red lentils
- 100g rolled oats
- 650g quinoa
- 150g whole grain flour
- 50g breadcrumbs
- 200g brown rice

### OTHER

- Baking powder
- 4 wholegrain burger buns

### CANNED/BOTTLED GOODS

- 135g peanut butter
- 1 x 400g can black beans (cooked)
- 2 x 400g can red kidney beans (cooked)
- 2 x 400g can cannellini beans (cooked)
- 2 x 400g can chickpeas (cooked)
- 2 x 400g tinned tomatoes
- 1 x 200g can sweetcorn
- 1 x 400ml can coconut milk
- 100g sun dried tomatoes
- 150g sun kissed tomatoes
- Small bottle of vegan BBQ sauce (~50ml)
- Small can of capers
- Pickled cucumbers (a small can as you'll only need a couple)

### CHILLED

- 2.3L almond milk
- 100g coconut yoghurt

### FROZEN

- 100g blueberries (buy fresh if in season)
- 250g berries of choice

## MIDWEEK TOP UP:

(BUY BEFORE WEDNESDAY DINNER)

### FRUIT & VEGETABLES

- 4 sweet potatoes
- 250g broccolini (or 1 broccoli head)
- 1 broccoli head
- 1 red onion
- 1 yellow onion
- 1 garlic (~2 garlic cloves)
- 1 thumb-sized piece of ginger
- 3 limes
- 1 red chili
- 3 avocados
- 1 cucumber
- 250g cherry tomatoes
- 450g spinach
- 4 bananas

### FRESH HERBS:

- Coriander

### CHILLED

- 200g coconut yoghurt