

SHOPPING LIST

FRUITS

- Lemons
- Bananas
- Apples
- Dates
- Strawberries
- Mangoes
- Peaches
- Raisins
- Dry cranberries
- (unsweetened)
- Extra sweet fruits you love

- Green bell pepper
- Yellow pepper
- Pumpkin
- Tomatoes
- Eggplant
- Zucchini
- Cucumbers
- Avocados

VEGETABLES

- Lettuce
- Yukon gold potatoes
- Russet potatoes
- Carrots
- Celery
- Yellow onions
- Red onions
- Garlic
- Fresh scallion
- Fresh basil
- Fresh cilantro

NUTS SEEDS GRAINS

- Hazelnuts
- Raw unsalted cashew
- Rolled oat
- Brown rice
- Corn
- Quinoa
- Chia seeds
- Almonds
- Walnuts
- Brown lentils
- Kidney beans
- Navy beans
- Chickpeas
- Sesame seeds

BAKING

- Spelt flour
- Oat flour (Gluten free as needed)
[You can make your own oat flour with rolled oat and with a good quality food processor]
- Brown rice flour [You can make your own rice flour with brown rice and with a good quality food processor]
- Corn flour
- Chickpea flour
- Flaxseed meal
- Aluminum-free baking powder
- Ground psyllium husk
- Arrowroot powder
- Nutritional yeast

- Honey or/and maple syrup
- Blackstrap molasses
- Pure stevia

- Dry bananas
- Dry shredded coconut
- Carob chips
- Roasted carob powder

- Nut butter (peanut, almond, sunflower...)
- Tahini paste

- Neutral-tasting oil such as avocado oil, grapeseed oil, or sunflower oil
- Extra virgin olive oil
- Refined coconut oil
- Sesame oil
- Coconut milk

- Pure orange extract
- Pure almond extract
- Pure vanilla extract

SPICES

- Sea salt: Celtic salt or himalayan salt
- Black salt
- Dry garlic
- Dry thyme
- Ground tumeric
- Dry onions
- Dry parsley
- Dry basil
- Dry oregano
- Dry rosemary
- Dry Chives
- Cumin
- Ground paprika
- Bay leaves
- Coriander
- Cardamon
- Ground ginger
- Ground nutmeg
- Cayenne pepper
- Ground mustard seeds

HERBAL TEA

- Dried chamomile flowers
- Dried lavender leaves
- Dried valerian leaves
- Dried lemon balm leaves
- Dried peppermint leaves

MISCELLANEOUS

- Tomato sauce
- Quality burger buns
- Panko bread crumbs
- Brown rice pasta
- Small pasta (GF as needed)
- Soy curls
- Croutons
- Liquid aminos
- Plant-based cheese
- Tofu

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