

# SHOPPING LIST - WEEK ONE

## GREENS

Pick 2 Greens for 3 to 4 Days:

(buy fresh twice per week)

- kale (my fav)
- spinach
- cilantro (note, this is strong tasting but I love it!)
- swiss chard
- collard greens

## FROZEN FRUIT

1 Large bag of Mixed Frozen Fruit

or 3 to 4 small bags frozen fruit

- mango (my fav!)
- peach (2<sup>nd</sup> fav!)
- pineapple
- raspberries (for cheesecake!)
- mixed fruit

## FRESH FRUIT/VEG:

Lots of Bananas!

(2 to 3 bunches or more -you can freeze them as they ripen)

3 to 6 lemons

bag of apples

2 to 3 avocado

2 to 3 zucchini

mint leaves (optional, just fun to decorate desserts with)

whatever fruit you would love to eat as snacks

## LIQUID BASE FOR SMOOTHIES:

Coconut water

Juice (buy in cartons in the fridge, with **only juice in it** – I like PC Mango/Orange Juice brand)

1 carton Nut Milk (for when you don't have time to make your own - (almond, hemp, cashew, etc)

## DRY GOODS:

(I shop at the Bulk Barn for most of these)

2 to 3 cup almonds (raw)

2 to 3 cups pumpkin seeds (raw)

2 to 3 cups dates

2 to 3 cups cashews

3 to 4 cups shredded coconut (unsweetened)

1 cup raisins

1 to 2 cups sunflower seeds

1 to 2 cups sesame seeds

raw cacao powder

tahini (in the international aisle of supermarket)

cinnamon

canned coconut milk

peanut butter (or almond, pumpkin, sunflower)

coconut oil (cold pressed, virgin is best)

honey (raw if possible)

or maple syrup

sea salt or pink himalayan salt

vanilla

## PAINT STORE

nut milk bag (aka: 1 litre paint straining bag)