

## *Plant Based Volume 2 Grocery List - Week 3*

Always keep within YOUR family budget. Select the meals that fit your taste buds and work from there. You do not have to follow the meal plan to 100%. Just select a good breakfast each day, simple lunch, basic snacks like fruit and a couple of dinners off the menu. A vitamin B12 supplement as a spray/drops is recommended when eliminating animal protein.

<b>Vegetables</b>	<b>Herbs &amp; Spices/Miscellaneous</b>	<b>Nuts &amp; seeds</b>
Large bunch of celery	Cumin, Paprika, Ground Coriander, Cayenne Pepper	100g almonds
Bag of Carrots	cinnamon	100g walnuts
2-3 large potatoes	Curry powder	200g mixed nuts and seeds
2-3 kumara	Parsley	<b>Alternative Milks</b>
Small chunk pumpkin (optional)	Fresh mint	1 can coconut cream
1 packet frozen green veges of choice (ie. peas/beans)	Fresh & minced ginger	2 cans coconut milk
Brown onion	Fresh or minced garlic	1 litre rice/oat milk
1 red onion		<b>Fruit</b>
Bag of baby spinach	1 litre coconut water	2-3 pears
10-15 cherry tomatoes	Small pot coconut yoghurt (optional)	1 avocado
	Coconut oil	Bag of grapes
	Lemon juice, lime juice	Bunch of bobby bananas
	2 cans crushed tomatoes	Seasonal fruit for skewers – apple, pear, pineapple etc
	1 can Mexican beans	
	Small packet coconut flakes	1 packet dates
	Pot of hummus	500g frozen mixed berries
	Maple syrup	Bag of lemons
	Vanilla essence	500g frozen strawberries
	Baking powder	500g frozen blueberries
	Gluten free gravy	
	1 packet frozen falafel (or pre-made mix)	
	Almond flour	
	Potato Starch	
<b>Herbs &amp; Spices/Miscellaneous</b>	2 cans chickpeas, 2 cans lentils, 1 can black beans	
Bamboo skewers	Tamari / soy sauce	
	Brown rice	

## Plant Based Volume 2 Grocery List - Week 4

Some grocery items that you bought in week 3 will roll over into week 4

Vegetables	Herbs & Spices/Miscellaneous	Nuts & seeds
Bag of carrots	Cardamom	100g almonds
Bunch of celery	Cinnamon	100g walnuts
6 large kumara	Cloves	100g nuts & seeds
Red onion	Parsley	<b>Alternative Milks</b>
1 cucumber	Cayenne	1 can coconut cream
Brown onion	Minced garlic	2 litres rice/oat milk
3-4 tomatoes	Pot of hummus	<b>Fruit</b>
	Small jar applesauce	3 avocados
	Rolled oats	1 bag apples
	Small jar sliced olives	Seasonal fruit of choice for skewers
	Maple syrup	6 pears
	Lemon juice	Packet of dates
	3 tins Mexican beans	Small packet raisins
	Vanilla essence	6 oranges
	Honey	Bunch bobby bananas
	Baking powder	500g frozen blueberries
	2 litres coconut water	500g frozen mixed berries
	1 can crushed tomatoes	500g frozen strawberries
		Small bag grapes