

## Volume 4 Grocery List - Week 1

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. **NOTE: You will need to add your choices for the Buddha Bowl and Plant Pizza to this grocery list.**

Vegetables	Herbs & Spices/Miscellaneous	Alternative Milks
Bag of mixed salad leaves	Cinnamon, ginger, paprika, turmeric, cumin, curry powder	1 can coconut milk
1 bag spinach	Fresh mint	1 can coconut cream
1 red onion	Dried coriander, oregano, bayleaves, parsely	1 litre plant-based milk of choice
1 bunch celery	Salt & pepper	
Punnet of cherry tomatoes	Thumb of fresh ginger	<b>Fruit</b>
Bunch of spring onions	Olive oil	1 bag apples
Bunch of bok choy	Red wine vinegar	1 bag frozen berries of choice
1 head broccoli	honey	1 bag frozen mango
1 bag of carrots	Fresh garlic, or minced	Bunch of bananas
3 onions	Tamari sauce	1 lemon (for zest)
½ large pumpkin	Coconut oil	4 pieces fruit of choice
100g mushrooms	Vanilla essence	1 kg oranges or pears
<b>Herbs &amp; Spices/Miscellaneous</b>	Small packet gluten-free rolled oats	
1 pot hummus	Gluten free flour	
Gluten-free breadcrumbs (optional)	Coconut or plain sugar	
Nut butter of choice (cashew/almond etc)	Vegan butter / margarine (optional)	
Nutritional yeast	Coconut yoghurt	
Small jar apple sauce	Vegan cheese (optional)	
Small container pea protein powder	Dijon mustard	
Flaked almonds (optional)	1 can chickpeas	
Bag of dates	1 block tofu	
Brown rice	Small packet uncooked red lentils	
Tomato paste	Dried mustard	
Gluten free pizza bases	1 jar passata or canned tomatoes	

## Volume 4 Grocery List - Week 2

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. **Some grocery items from the previous week will roll over into this week.**

Vegetables	Herbs & Spices/Miscellaneous	Nuts & seeds
1 bunch celery	Paprika, curry powder	Sesame seeds (optional)
1 bag carrots	Chilli flakes (optional)	100g roasted almonds
1 bag spinach	Dried parsley	
1 bag kale	Cinnamon, nutmeg	
1 bag mixed salad leaves	Fresh basil	<b>Alternative Milks</b>
1 bag rocket / baby spinach	Head of garlic	3 cans coconut milk
3 zucchini	Thumb of fresh ginger	1 litre almond milk
1 red onion	Olive oil	
1 eggplant	Coconut oil	
200g mushrooms	Honey	<b>Fruit</b>
1 capsicum	Balsamic Vinegar	Bunch bananas
½ red cabbage	Lemon Juice	Bag of frozen mango
Punnet cherry tomatoes	Sesame oil (optional)	1 kg apples or oranges
	Chilli paste (optional)	Bag of frozen raspberries (optional)
	Small pot coconut yoghurt	4x pieces favourite fruit
	Almond butter	1 lime
	Desiccated coconut	2 oranges
	Coconut or plain sugar	2 apples
	Small block dark chocolate (dairy-free)	2 avocados
	Rolled oats	
	Small bag raisins	
	Packet gluten-free pasta	
	Vegetable stock	
	Corn starch	
	Brown rice	
	1 block tofu	
	Crunchy peanut butter	
	Vegan parmesan (optional)	
	1 cup oat flour	
	Baking soda	
	Baking powder	
	Maple syrup	
	1 pot hummus	