

Vegetarian Week 1

SHOPPING LIST

FRESH VEG

4lbs / 2kg carrots
10 onions
2 red onions
1 bunch spring onions
7 parsnips
3 large leeks
3 bunches asparagus spears
3 heads broccoli
1 small cauliflower
1 cabbage
2 turnips
2 swedes
13 sweet potatoes
8 large portobello mushrooms
3 courgettes
1 green pepper
1 red pepper
2 large avocados
10oz / 275g green beans
3 cucumbers
1 head pak choi
1 bunch of kale
1 bunch / bag of watercress
1 bag of spinach
7oz / 200g bag baby spinach
2 bags rocket
1 head romaine lettuce
2 heads of little gem lettuce
2 heads of celery
1 bag or bunch of radishes
1 punnet cherry tomatoes
1lb / 450g salad tomatoes
1 beef tomato
7 bulbs of garlic

FRUIT

10 apples
2 oranges (for juice)
1 punnet blueberries
1 punnet strawberries
3 lemons
1 lime
1 mango
1 pineapple
1 small bunch grapes
10 dates
4oz / 115g dates
4 1/2 oz / 130g Medjool dates

DRIED FRUIT

Raisins (225g for recipes)
Apricots (115g for recipes)
Sultanas
Dates (115g for recipes)
Figs (250g for recipes)

NUTS & SEEDS

Flaxseeds
Chia seeds
Sunflower seeds
Pumpkin seeds
Almonds (68g for recipes)
Cashews (115g for recipes)
Walnuts
Hazelnuts
Brazil nuts
1 bag ground almonds

DREID HERBS & SPICES

Oregano
Dried mixed herbs
Vanilla seeds
Cinnamon
Nutmeg
Ground cumin
Smoked paprika
Chilli powder
Curry powder
Cayenne pepper
Garlic powder
Chinese 5 spice

FRESH HERBS & SPICES

Parsley
Rosemary
Coriander
Mint
Root ginger
1 stalk lemongrass

OTHER

21 eggs
Maca powder
Nori strips
1 1/4oz / 35g raw kelp noodles
Dulse or other seaweed/sea vegetable
Tamari
Vanilla extract
8oz / 225g red lentils
3 cans (400g) chopped

tomatoes

1 can (400g) Free & Easy
Organic Lentil & Red Pepper
Soup
Vegetable stock / stock
cubes / powder
Himalayan salt
Black pepper