

SHOPPING LIST

cookingjourneyblog.com

MEAT & POULTRY

Beef mince

Turkey/ Chicken thighs
(without skin, bones)

GRAINS & BREAD

Rigatoni pasta

Corn tortillas (M)

Oats

Coffee / tea

OIL AND FAT

Olive oil

Coconut oil

PRODUCE

Mushrooms

Brussels Sprouts

Cherry Tomatoes

Cauliflower

Garlic

Salad mix

Spinach

Banana and other fruits

DAIRY & EGGS

Milk

Eggs

Mozzarella

CONDIMENTS

Salt

Pepper

Rosemary, dried

Tarragon, dried

Cayenne pepper powder

Italian seasoning

Cumin seeds

Chili flakes and powder

Basil, dried or fresh

Tomato puree

Beans in tomato sauce

Cranberries, dried

SHOPPING LIST

cookingjourneyblog.com

OIL AND FAT

Coconut oil

Olive oil

GRAINS & BREAD

Corn tortillas (M)

Oats

Coffee / tea

PRODUCE

Cherry Tomatoes

Cauliflower

Garlic

Salad mix

Spinach

Rocket salad

Lime

Banana and other fruits

Frozen berries

Jalapeno popper

Shallot

Red & Yellow bell peppers

SOY PRODUCTS

Tofu

Vegan Yogurt

CONDIMENTS

Salt

Pepper

Cinnamon, ground

Turmeric, ground

Chili flakes

Cumin seeds

Almond slices

Desiccated coconut

Cranberries, dried

Raisins

Sesame seeds

Golden syrup

Chickpeas, tinned

Lentils, tinned

