



# Vegan healthy diet plan **shopping list**

## fruit

- lemons **2**
- orange **1**
- mixed berries
- peaches **6**
- bananas **2**

## vegetables

- onions **6**
- red onions **6**
- potatoes **775g**
- sweet potatoes **500g**
- mushrooms **200g**
- cauliflower **890g**
- fine green beans **260g**
- celery sticks **4**
- yellow pepper **1**
- red pepper **1**
- green peppers **3**
- baby spinach **300g**
- vine tomatoes **12**
- ripe tomatoes **200g**
- cucumber **½**
- Little Gem lettuce **1 large**
- large courgettes **3**
- carrots **2**
- leeks **400g**
- avocado **3**
- rocket **2 x 60g packs**
- fresh ginger **55g**
- bulbs garlic **2**
- red chilli **4**
- long green chilli **1**
- Mixed salad leaves
- sun-dried tomatoes **4**

## protein

- smoked tofu **100g**

## storecupboard

- oats **390g**
- wholemeal linguine **115g**
- red lentil fusilli **150g**
- brown basmati rice **340g**
- high fibre puffed wheat **25g**
- quinoa **155g**
- wholemeal pittas **4**
- sunflower seeds **2 tbsp**
- linseeds / flaxseeds **2 tbsp**
- unsalted cashews **60g**
- pecan nut **12**
- pine nuts **25g**
- tahini **2 tbsp**
- chunky peanut butter **85g**
- Medjool dates **6**
- sultanas **2 tbsp**
- sunflower seeds **2 tbsp**
- linseeds / flaxseeds **2 tbsp**
- baking powder **½ tsp**
- plain flour **2 tbsp**
- gram flour **75g**
- balsamic vinegar **2 tbsp**
- green lentils **1 x 390g can**
- chickpeas **2 x 400g can**
- cannellini beans **2 x 400g**
- tomatoes **3 x 400g can**
- butter beans **1 x 400g can**
- black bean **1 x 400g can**
- cooked puy lentils **1 x 250g pouch**
- dried split red lentils **200g**
- roasted red pepper from a jar **2 medium**
- tomato puree **2 tbsp**

## herbs & spices

- coriander **1 large pack**
- parsley **1 pack**
- mint **2 tbsp**
- basil **1 pack**
- paprika **5½ tsp**
- smoked paprika **4 tsp**
- ground cumin **6 tsp**
- cumin seeds **2 tbsp**
- ground coriander **2tbsp +2 tsp**
- coriander **4 tsp**
- ground turmeric **1 tsp**
- ground ginger **½ tsp**
- ground cinnamon **2 tsp**
- chilli powder **3 tsp**
- chilli flakes **1 tsp**
- dried oregano **2 tsp**
- curry powder **2 tbsp**
- vegan bouillon powder **pot**
- tamarind paste **2 tsp**

## oils & sauces

- olive / rapeseed oil **small bottle**

## fridge & freezer

- fortified soya milk **70 ml**
- hummus **4 tbsp**
- coconut yogurt (vegan) **475g**
- fortified plant-based yogurt **8 x 150g pots**
- frozen raspberries (or fresh) **140g**