



VegetARIAN

STAPLES & GROCERY LIST

eBOOK BY ANGE DRAKE

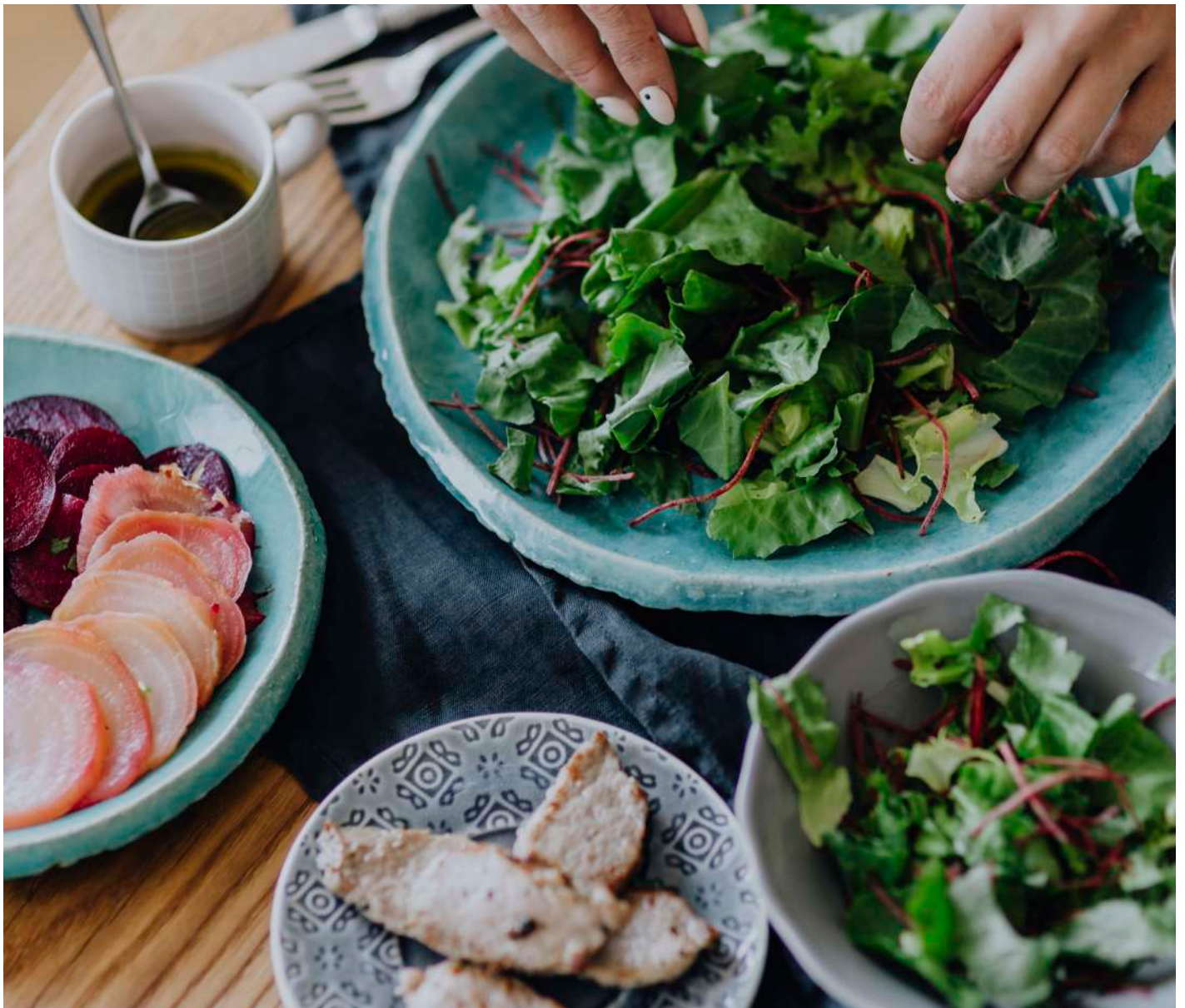


Staple Pantry Items

Himalayan or Sea Salt
Black Pepper
Coconut Oil
Olive Oil
Sesame Oil
Tamari Sauce
Sesame Seeds
Soy Sauce
Chilli Sauce
Rice Wine Vinegar
Bottle of Lemon Juice
Apple Cider Vinegar
Almonds
Oats
Coconut Flour
Vanilla Essenes

Rolled Oats
Cornflour
Vegetable Stock (2-3
litres)
Sauerkraut
Small Bag Quinoa
1 Kg Rice
1 Kg Red Lentils
Siracha
Peanut Butter
Nut Butter of Choice
Stevia
Coffee
Jar Tomato Paste
Garlic (2-3 Bulbs)
Ginger (large and

fresh)
Chili Powder
Ground All Spice
Ground Cumin
Peri Peri Seasoning
Smoked Paprika
Ground Cinnamon
Chilli Flakes
Ground Coriander
Seed
Dried Oregano
Grama Masala
Cayenne
Italian Seasoning
Tumeric



Grocery List - Week 1

Condiments & Pantry	Fruit & Veg	Proteins
1 Red Kidney Beans (canned) 1 Black Beans (canned) 2 Chickpeas (canned) 2 Light Coconut Milk (canned) 1 Cup Linseeds 400g Tomatoes (canned) Maple Syrup BBQ Sauce Optional 1 X Bottle Fresh Orange Juice	1 Avocado 1 Punnet Cherry Tomatoes 1 Bunch Spring Onions 2 Fresh Chillies 8 Button Mushrooms 1 Bag Spinach 1 Banana 1 Bag Carrots 1 Cauliflower 1 Cucumber 2 Roma Tomatoes 1 Bunch Fresh Asparagus 2 Red Onion 2 Capsicum 1 Zucchini 2 Broccoli 1 Small Bag Edamame 600g Sweet Potato 1 Bunch Kale 1 Lime Choice of Fruit	1 Doz. Eggs 750g Tofu 600g Tempeh Herbs and Spices 1 Mint (Fresh) 1 Parsley (Fresh) 1 Coriander (Fresh)

Grocery List - Week 2

Condiments & Pantry	Fruit & Veg	Proteins
1 Black Beans (Canned) Honey 250ml Vegetable Stock 3 Tomatoes (Canned) 2 Light Coconut Milk (Canned) 1/4 Cup Roasted Cashews Miso Paste 1/4 Cup Chopped Toasted Walnuts 1 Small Bag Rice 3 Tbsp Korma Paste 1 Chickpea (Canned) 1 Kidney Beans (Canned) Tahini (Jar)	1 Large Sweet Potato 1 Avocado 1 Punnet Cherry Tomatoes 1 Spring Onions 8 Button Mushrooms 1 Red Chilli 4 Onion Fresh Ginger 1 Cucumber 1 Roma Tomato 1 Bag Spinach 1 Cauliflower 250g Shiitake Mushrooms Celery (1/2 Bunch) Strawberry Punnet Choice of Fruit 3 Beetroots	1 Dozen Eggs 400g Extra Firm Tofu 450g Tempeh Herbs and Spices Parsley (Fresh) Coriander (Fresh) Mexican/Fajita Seasoning (Dried) Dairy and Dairy Products 1kg Greek Yogurt Cottage Cheese

Grocery List - Week 3

Condiments & Pantry	Fruit & Veg	Proteins
Soughdough Toast Macca Powder 2 Lt Almond Milk Cocoa Powder 1 Light Coconut Milk (Canned) 1 Tbsp. Curry Powder 1 Tomatoes (Canned) 2 Tbsp. Red Wine Vinegar 2 White Beans (Canned) 20g Dried Goji Berries Desiccated Coconut Chia Seeds	1kg Tomato 1 Lemon 1 Bunch Spring Onions 2 Bananas 1 Bag of Carrots 1 Butternut Pumpkin 2 Brown Onion 500g. Sweet Potatoes 1 Bunch Kale 1 Red Onion ½ Bunch Celery, 2 Leeks 600g Red Potatoes 2 Bunches Asparagus 1 Red Capsicum 1 Eggplant 1 Zucchini 1 Bag Baby Rocket Fruit of Choice	1 Doz. Eggs Vanilla Protein Powder 200g Tempeh Herbs and Spices Mint (Fresh) Thyme (Fresh) Basil (Fresh) Dairy and Dairy Products 60g Feta 1 X 2lts 2% Milk 60g Feta Cheese 500g Greek Yogurt 1-2lts Milk of Choice

Grocery List - Week 4

Condiments & Pantry	Fruit & Veg	Proteins
2 Black Beans (Canned) 2 Tomatoes (Canned) 5 Cups Vegetable Stock 2.5 Cups Green Lentil 1.5 Tablespoon Whole Wheat Breadcrumbs 2 Tbsp. Hoisin Sauce 4 Tsp. Asian Garlic Chili Paste	1 Bunch Spring Onions 1 Punnet Tomatoes 1 Avocado 250g Mushrooms 4 Brown Onion 20 Snow Peas 2 Chopped Carrots Bok Choy Cauliflower 1 Butternut Pumpkin 250g Portobello Or White Mushrooms 2-3 Handfuls of Green Beans 1kg Bag Carrot Celery (1/2) 3 Zucchini Veggies for snacks	400g Extra Firm Tofu 900g Tempeh 10 Eggs Herbs and Spices Parsley (Fresh) Dairy and Dairy Products 1kg Greek Yogurt 250g Parmesan Cheese 1 Cup Crumbled Feta Cheese