



THE VEGGIE SHOPPING LIST



The Produce

Bakery

- 2 Gluten-Free Buns
- 2 Rye Bread Slices (or *gluten-free alternative*)

Canned Goods

- 500g Red Kidney Beans
- 200g Butter Beans / Lima Beans

Cereals

- 225g Rolled Oats

Condiments, Oils & Seasonings

- 45ml Coconut Oil
- Himalayan Rock Salt
- Black Pepper (ground)
- 300ml Extra Virgin Olive Oil
- 30ml Apple Cider Vinegar
- 1 Vegetable Stock Cube
- 40ml Balsamic Vinegar
- 45ml Sesame Oil
- 7ml Dijon Mustard

Dairy

- 110g Parmesan
- 80ml Crème Fraîche
- 450g Halloumi
- 45g Natural Yogurt (or *vegan alternative*)
- 12 Eggs (*organic, free-range*)
- 25g Butter (*unsalted organic, or vegan alternative*)

Delicatessen

- 70g Olives (*pitted*)
- 175g Sun-Dried Tomatoes

Drinks

- 400ml Coconut Water
- 1l Raw Almond Milk
- 600ml Half-Fat Coconut Milk

Dry Goods

- 300g Rice Noodles
- 150g Couscous
- 200g Risotto Rice
- 150g Basmati Rice

Freezer

- Lots Ice

Fresh Herbs

- 100g Basil
- ½ Fennel bulb
- 175g Mint
- 20g Dill
- 14 Garlic cloves
- 100g Raw Ginger
- 10g Thyme
- 10g Coriander

Dried Fruit, Nuts & Seeds

- 6g Dried Apricots
- 20g Raisins
- 20g Dried Cranberries
- 45g Flaked Almonds
- 50g Pine Nuts
- 15g Fennel Seeds
- 25g Mixed Seeds (*sunflower, pepita, sesame, chia, etc*)
- 150g Almonds

Turn Overleaf

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Produce Continued

- 10g Sunflower Seeds
- 10g Pumpkin Seeds
- 100g Cashew Nuts

Fruit And Vegetables

- 2 Pears
- ½ Cucumbers
- 4½ Avocados
- 2½ Courgettes
- 2 Celery stalks
- 2 Carrots
- 3 Parsnips
- 4 Red Bell Peppers
- 3 Yellow Bell Peppers
- 4½ Red Onions
- 8 Medjool Dates
- 2 Bananas
- 250g Spinach Leaves
- 3 Spring Onions
- 2 Oranges
- 1¾ Lemons (unwaxed)
- 275g Fresh Garden Peas (or frozen)
- 40g Wild Rocket
- 2 Apples (Golden Delicious or Gala)
- 4 Sweet Potatoes
- 1 Raw Beetroots bulb
- 2 Beef Tomatoes
- 20g Goji Berries
- 80g Blackberries
- 40g Blueberries
- 40g Raspberries
- 120g Mange Tout
- 100g Baby Leaf Spinach
- 60g Edamame Beans
- ½ Butternut Squash (medium)

- 5 Red Chillis (medium)
- 2 Limes (unwaxed)
- 1 Cauliflower
- 100g Mixed Berries (blueberries, blackberries, raspberries, strawberries or seasonal)
- 14 Tomatoes
- 1 Romaine Lettuce (small)
- 30 Cherry Tomatoes (on the vine if possible)
- 2 Portabello Mushrooms
- 60g Sugar Snap Peas
- 150g Broccoli
- 50g Kale

Spices

- 1.5g Ground Turmeric
- 2.5g Ground Cumin
- 2.5g Ground Red / Cayenne Pepper

Spreads

- 45g Almond Butter
- 25g Honey (or natural vegan sweetener)
- 30g Tahini Paste

Extras

- 10g Spirulina
- 6 Wooden Skewers

**Make It Stupidly Easy...
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SUPER Fast FOOD is the perfect app for anyone who has just finished a Juice Challenge and is looking to create lifelong change

Available on

www.juicemaster.com/apps

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