



Shopping list template

Item	Quantity	Check
Fruits and vegetables		
Courgette		
Aubergine		
Bell peppers		
Mushrooms		
Spinach		
Watercress		
Broccoli		
Cauliflower		
Onion		
Red onion		
Spring onions		
Cabbage		
Kale		
Beetroot		
Sweet potato		
Tomatoes		
Garlic		
Ginger root		
Carrots		
Cucumber		
Avocado		
Parsley		
Coriander		
Dill		
Lime		
Lemon		
Apple		
Banana		
Pear		
Plum		
Raspberries		
Pomegranate		

Dairy / meat		
Chicken breasts		
Yogurt		
Eggs		

Item	Quantity	Check
Spices and dried herbs		
Cayenne pepper		
Caraway seeds		
Smoked paprika		
Sumac		
Cinnamon		
Garlic powder		
Turmeric		
Cumin seeds		
Ground cumin		
Oregano		
Mixed herbs		
Sea salt		
Pink Himalayan salt		

Fats / oils		
Coconut oil		
Extra virgin olive oil		
Organic butter		

Sauces		
Coconut milk		
Tamari		
Tomato puree		
Tahini		
Almond butter		
Chilli sauce		
Vanilla extract		

Superfoods		
Maca powder		
Protein powder		
Cacao nibs		
Cacao powder		
Lucuma powder		



Item	Quantity	Check
Dried fruit, nuts and seeds		
Cashews		
Almonds		
Macadamia		
Walnuts		
Pumpkin seeds		
Sesame seeds		
Chia seeds		
Flaxseeds ground		
Hemp, shelled		
Sunflower seeds		
Cherries		
Goji berries		
Apricots		
Figs		
Prunes		
Sundried tomatoes		
Olives		

Grains / Beans / lentils		
Green lentils (dry)		
Chickpeas		
Borlotti beans		
Quinoa		
Oats		
Brown rice flour		
Buckwheat		
Ground almonds		
Baking soda		

Sweeteners		
Brown rice syrup		
Maple syrup		
Raw honey		

Other		