

Shopping List

Breakfast:

- Porridge oats
- Soya milk
- Raspberries
- Sunflower seeds
- 1 Apple
- Cinnamon

Snack:

- Extra firm tofu
- Almond butter
- Maple syrup
- Soya sauce
- Ginger purée
- Olive oil

Lunch:

- Avocado
- Radishes
- Mixed Greens
- Sprouts
- Hummus
- Hemp seeds
- Onions
- Quinoa

Dinner:

- 4 sweet potatoes
- Tomato puree
- Maple syrup
- Soy sauce
- Molasses or treacle
- Malt vinegar
- Smoked paprika
- Liquid smoke
- Garlic powder
- Black pepper
- Red onion
- Red pepper
- 1 can of Jackfruit
- Canned kidney beans

Dessert:

- Van Leeuwen vanilla ice cream
- Lily's dark chocolate chips
- Chopped wet walnuts/almonds
- Banana
- Reddi Wip non-dairy coconut whipped cream Extras:
- Maraschino cherries
- Strawberries
- Toasted coconut