

## Shopping List

### Breakfast:

- 1 whole peach
- Lavva vanilla yogurt
- Cucumber
- Orange juice
- Vanilla almond milk

### Snack:

- 1 red onion
- 1 red pepper
- 1 sweetcorn cob
- Del Monte® Gold Pineapple Chunks
- 1 large handful fresh coriander
- 1 lime, juice only
- salt
- 1 red chilli

### Lunch:

- Kale
- 1 avocado
- Pomegranate seeds
- Sweet potato
- Handful of parsley
- Apple cider vinegar
- Crunchy peanut butter
- White miso
- Wholegrain mustard
- Garlic powder
- Onion powder

### Dinner:

- Sweet potato
- Baby tomatoes
- Mushrooms
- 4 cloves garlic
- 2 onions
- 2 tins of butterbeans
- Olive oil
- Passata
- Vegetable Stock
- Dried mixed herbs
- Salt and Pepper

- Self-rising flour
- Soya milk
- Vegan butter
- Baking powder
- Apple cider vinegar
- Dried mixed herbs

**Dessert:**

- Bananas
- Lollipop sticks
- Pistachios
- Hazelnuts
- Coconut flakes
- Dark chocolate chips