



HOLIDAY SURVIVAL GUIDE

SHOPPING LIST



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FRUITS:

Avocado - 2
Bananas - 2
Blueberries - 1 ½ cup
Raspberries - ½ cup
Lemons - 6
Apples - 3
Raisins - ¼ cup
Pineapple - ½ cup fresh or frozen

VEGETABLES:

Spinach - 4 cups
Dandelion leaves - 1 cup
Red cabbage - 1 ¾ cup shredded
Carrots - 6 large
Cauliflower - 1 head
Sweet potatoes - 3 medium
Sweet onion - 3
Lettuce of your choice - 4 cups
Beets with greens - 1 bunch

Bell pepper - 1 small
Kale - 2 cups
Butternut squash - 1 medium

NUTS & SEEDS:

Flax meal (ground flax seeds) - 4 tablespoons
Raw pumpkin seeds - ¼ cup
Chia seeds - 2 tablespoon
Unsweetened shredded coconut - 2 tablespoons

GRAINS & BEANS:

Lentils - 2 cups
Quinoa - 3 cups

HERBS & SPICES:

Parsley - 2 bunches
Garlic - 5 cloves
Sea salt
Black pepper
Garam Masala - 1 dash (optional)
Ground cinnamon - 4 teaspoons
Ground ginger - ½ teaspoon

Ground nutmeg - 1 teaspoon
Basil leaves - 1 large bunch
Fresh ginger - 2 ¼ -inch piece
Mint leaves - 10
Dried oregano - 1 teaspoon
Curry powder - 2 teaspoons

CONDIMENTS & PANTRY ITEMS:

Non-dairy milk (coconut, hemp or almond) - 5 cups
Raw apple cider vinegar - ½ cup + 1 tablespoon
Dijon mustard - 1 tablespoon + ½ teaspoon
Extra-virgin olive oil - 1 ¼ cups + 2 tablespoons
Liquid sweetener (maple syrup, honey, or stevia) - to taste
Vegetable or chicken broth - 9 cups
Vanilla extract - 1 teaspoon
Kalamata olives - optional
Red wine vinegar - ¼ cup