

Lifesum

Climatarian Diet - Shopping List

FRESH PRODUCE

Apples	Leeks
Avocado	Lemons
Baby spinach	Lime
Bananas	Mixed berries
Basil	Parsley
Broccoli	Pear
Carrot	Potatoes
Cherry tomatoes	Red bell pepper
Chives	Red cabbage
Cilantro (Coriander)	Red onion
Mint	Spring mix (Mixed salad leaves)
Garlic	Sweet potatoes
Ginger	White mushrooms
Green onions (Spring onions)	Yellow onions
Kale	Zucchini (Courgette)

PANTRY

All purpose flour (Plain flour)	Penne pasta
Black beans	Pitted dates
Brown rice	Red lentils
Buckwheat flour	Rice
Canola oil (Rapeseed oil)	Rye bread
Chickpeas	Soy sauce
Cacao powder	Spaghetti
Corn cakes	Store-bought arrabbiata tomato sauce
Dijon mustard	Sweet corn
Granola	Tomato paste
Green lentils	Tortilla
Honey	Unsweetened apple juice
Maple syrup	Vegetable stock
Nutritional yeast	Wheat berry
Old fashioned oats	White beans
Olive Oil	

SPICES

Chili flakes
Cinnamon
Cumin
Curry powder
Dried thyme
Garlic powder
Ground black pepper
Smoked paprika
Salt
Turmeric

"MEAT & DAIRY"

Coconut milk
Eggs
Ground chicken
Ground soy meat
Plant-based 2% fat yogurt
Silken tofu
Firm tofu
Unsweetened plant-based milk

NUTS, SEEDS & BUTTERS

Chia seeds
peanut butter
Roasted peanuts
Roasted pumpkin seeds
Sunflower seeds

FROZEN GOODS

Greens peas
Strawberries
Blackberries
Shelled edamame

