

Big Days!

u-livewell
Employee Life-Balancing Program

SHOPPING LIST - TOTAL

OILS & SPICES

- ☐ 500 ml extra virgin olive oil
- ☐ 1 tsp coconut oil (alternative: olive oil)
- ☐ $\frac{3}{4}$ tsp curry powder or yellow curry paste
- ☐ 2 tbsp sweet paprika powder
- ☐ Salt
- ☐ Pepper
- ☐ Chilli
- ☐ $\frac{1}{4}$ tsp cumin
- ☐ $\frac{1}{2}$ tsp caraway
- ☐ Soup powder (vegan)
- ☐ 1 $\frac{1}{2}$ tbsp cocoa powder 100%
- ☐ Maple syrup, agave syrup or similar
- ☐ 1 tsp tomato paste
- ☐ 1 $\frac{1}{2}$ tsp mustard

Optional:

- ☐ nutritional yeast flakes (e.g. from an organic market)

CEREALS

- ☐ 40-60 g oat flakes
- ☐ 2 pieces of 100% wholemeal bread (at best wholemeal sourdough bread)
- ☐ 100 g wholemeal rice (or millet)

FRUITS & VEGETABLES

- ☐ 1 Apple
- ☐ 3 bananas
- ☐ 25-50 g berries (fresh or frozen)
- ☐ 125 g dates (pitted)
- ☐ 2 handfuls of kale (or pak choi, spinach or other green leafy vegetables)
- ☐ 2 onions
- ☐ 6 garlic cloves
- ☐ 1 $\frac{1}{2}$ carrots
- ☐ 1 $\frac{1}{2}$ peppers
- ☐ $\frac{1}{2}$ cucumber
- ☐ 5 cocktail tomatoes
- ☐ 2 leaves of lettuce
- ☐ 1 broccoli (à 500g)
- ☐ 2 $\frac{1}{2}$ limes or lemons
- ☐ 1 bunch parsley (fresh or frozen)
- ☐ Arugula

Optional:

- ☐ fresh coriander
- ☐ 1 big pickl
- ☐ 2 tsp capers

LEGUMES

- ☐ 550-600 g cooked chickpeas (from tin/jar, drained weight)
- ☐ 100 g red lentils (dried)

NUTS & SEEDS

- ☐ 70 g almonds
- ☐ 15 g linseed (ground if you don't have an universal/coffee grinder)
- ☐ 70 g white almond butter
- ☐ 10 g peanut butter 100% fine
- ☐ 20 g coconut butter (not oil!) or 200 ml coconut milk
- ☐ 10 g sesame paste
- ☐ 160 g cashew nuts (unroasted, unsalted)

Optional:

- ☐ sultanas
- ☐ coconut flakes
- ☐ sesame (ground)
- ☐ peanuts
- ☐ walnuts

EXTRA

For when you are hungry and inbetween meals: Dried fruits such as dates with peanut or almond butter/ plant-based spread with bread and/ or vegetable sticks, wholemeal crackers, or similar.