

GROCERY LIST

FRUIT & VEGETABLES

- 2 large eggplants
- 1 onion
- 2 garlic cloves
- 2 medium carrots
- 1 bunch parsley
- 1 bunch mint
- 1 lemon
- 2 ripe bananas (or ½ cup apple sauce)
- 1 pomegranate (or seeds)

STAPLES

- 4 tablespoons olive oil
- 400g can lentils
- 1 teaspoon ground cumin
- 2 tablespoons paprika
- 1 tablespoon ground cinnamon
- 400g can diced tomatoes
- 2 x 400g cans chickpeas
- 2 tablespoons honey
- 1 jar natural peanut butter
- 1 teaspoon vanilla extract
- 1 cup rolled oats
- 1 jar baking powder
- 200g cup dark chocolate chips
- 2 tablespoons seeds of your choice (i.e., pumpkin, sunflower and chia)
- Salt
- Pepper

MEAT & FISH

- 300g beef or lamb mince

DAIRY

- 200g natural yoghurt