

SHOPPING List

sweetpeasandsaffron.com



OILS, VINEGARS, SAUCES

- olive oil
- coconut oil
- white wine vinegar
- balsamic vinegar
- apple cider vinegar
- reduced sodium soy sauce
- sesame oil
- worchestire sauce
- dijon mustard
- honey
- maple syrup
- natural peanut butter
- organic lemon juice



CANNED GOODS

- corn kernels
- black beans
- chickpeas
- full fat coconut milk
- diced tomatoes
- green chiles
- tomato paste
- tomato sauce



OTHER

- almond milk
- chicken stock



PANTRY

- quinoa
- basmati rice
- pasta (whole wheat spaghetti, rotini)
- rolled oats
- steel cut oats
- bread crumbs/panko
- almonds
- dried cranberries
- mini chocolate chips



SPICES

- salt
- pepper
- onion powder
- garlic powder
- cinnamon
- cumin
- chili powder
- ground coriander
- oregano
- basil
- cayenne

