

# Grocery List For 2 People For A Month

## Fruits

- Apples
- Avocado
- Bananas
- Blueberries
- Lemons
- Leeks
- Onions
- Parsley
- Pears
- Raspberries
- Strawberries

## Vegetables

- Bell peppers
- Broccoli
- Carrots
- Cauliflower
- Cilantro/Coriander
- Cucumber
- Garlic
- Kale
- Spinach
- Pumpkin
- Squash
- Radish
- Sweet potatoes
- Spring onions
- Tomatoes
- Zucchini

## Proteins

- Bacon
- Turkey Bacon
- Canned tuna
- Chicken breasts
- Chickpeas
- Egg whites
- Kidney beans
- Lean Beef Mince
- Salmon
- Turkey mince

## Grains

- Brown rice
- Lentils
- Oats
- Rice noodles

## Dairy

- Butter
- Cheese
- Greek yogurt

## Pantry Items

- Cider Vinegar
- Canned Tomato
- Date syrup
- Dried Fruits
- Extra Virgin Oil
- Flour
- Nut butter
- Nut milk
- Rice Cakes
- GF Wraps

## Herbs and Spices

- Black pepper
- Coriander
- Cumin
- Cumin Seeds
- Sea salt
- Star anise

## Nuts and Seeds

- Cashews
- Chia Seeds
- Flax Seeds
- Ground Almonds
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts