

Groceries List

by Ana's Bananas

For breakfast

Fresh seasonal fruit
Plain yoghurt or kefir, organic
Organic oatmeal, gluten free
Line seed, crushed & organic
Pecans & walnuts
Honey, organic & bee-friendly
Avocado, cucumber, bell peppers, spinach

Almonds & dates for DIY milk
Goji berries, dried & organic
Coconut flakes & brazil nuts
Cinnamon powder
Eggs, free-range and organic

For mains

Whole grain rice, silver rice
Ginger, red chili & garlic
Tomato sauce, organic
Organic curries and chutneys
Cabbage & radish
Sweet potatoes & spinach

Sea weed and lotus root
(Spring) onions & scallions
Fresh basil leaves, fresh coriander
Green salad & corn salad
Zucchini & eggplant
Goat & sheep cheese, organic

For snacking

Seasonal fruit (citrus fruits, berries, bananas, grapes, mangos)
Cucumber & carrots
Avocado & ginger
Wholegrain bread
Pecans, walnuts, hazelnuts
Snack bars made exclusively out of nuts, seeds and berries

Cauliflower & broccoli
Red radish & cherry tomatoes
Hummus
Dark chocolate (min. 70% cocoa)

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