

# Yasmin Jamaal's Grocery Shopping List



@yasminjamaalcooks

# NOTE

***While this list may consist, mostly of the ingredients I use for cooking, it continues to grow and change.***

***You can add or remove ingredients of your choice to this list.***

***Ignore or research any names of fruits and veggies in this file you are not familiar with. They are the names of some of my favourite fruits & vegetables grown in tropical climates.***

***I would love to explore other unfamiliar fruits and vegetables! Let me know of any fruits and vegetables grown in your country you believe I should try.***

***Wishing you a happy shopping and a fabulous time in the kitchen.***

***With love,  
Yasmin Jamaal.***

# Veggies

- **Scotch bonnet**
- **Tomatoes(cherry & plum)**
- **Chickpeas**
- **Arugula(wild)**
- **Sage**
- **Coriander-Cilantro**
- **Basil**
- **Ginger**
- **Cloves**
- **Dill**
- **Thyme**
- **Oregano**
- **Bayleaf**
- **KrainKrain**
- **Turnip greens**
- **Lettuce (All except iceberg)**
- **Seaweed(wakame,dulse,ara me,hijiki,nori)**
- **Mushroom(allexcept shiitake)**
- **Callaloo**
- **Okra**
- **Kale**
- **Dandelion**
- **Swiss chard**
- **Zucchini**
- **Squash**
- **Cucumber**
- **Bellpeppers**
- **Avocado**
- **Watercress**
- **Purslane(arataase)**
- **Rocket(wild)**
- **Olives**
- **Onions**

# Fruits

(No cranberries)

- Seeded Grapes
- Burro bananas
- Lime
- Guava
- Prunes
- Soursap
- Papaya
- Mango
- Tamarind
- Black tombla
- Dates
- Currants
- Pear
- Gala apples
- Chook chook plum
- Blacktombla
- Monkey apple
- Apricot
- Peach
- Cherries
- Blackberries
- Blueberries
- Raspberries
- Strawberries
- Bobbywata
- Figs
- Seeded oranges
- Jelly coconut
- Bobbywata
- Seeded watermelon
- More

# Seasonings

- Dill
- Maggi
- Tarragon
- Sage
- Oregano
- Thyme
- Rosemary
- Basil
- Seasalt
- Coriander
- Coriander
- Cloves
- Bayleaf
- Habanero
- Seasalt
- Onion powder
- Ginger powder
- Cayenne Peppah
- Granulated seaweed
- More

# Other

- Tahini
- Walnuts
- Brazil nuts
- Hempseed
- Oregano oil
- Viola cheese
- Coconut milk
- Sesame seeds
- Sheabutter
- Batana oil
- Coconut milk
- Coconut water

# Grains

- Quinoa
- Spelt
- Teff
- Kamut
- Rye
- Fonio | Funde
- Amaranth
- Wildrice

# Herbal Teas

- Burdockroot
- Sarsaparilla
- Chamomile
- Valerianroot
- Elderberry
- Ginger
- Hibiscus
- Fennel
- Lavender
- Elderberry
- Nettle
- Raspberry
- Tila
- More

# Oils

- Sesame oil
- Avocado oil
- Hempseed oil
- Grapeseed oil
- Olive oil (do not cook)
- Coconut oil (do not cook)

# Sugar

- Agave syrup
- Datesugar

# Snacks

- Plantain or banana chips
- Dried fruits
- Sesame snack bar

# Animal Products

- Liver
- Fish
- Eggs



## Prayer For Good Health

*Dear Almighty God,*

*Thank you for your guidance and protection over my life.  
Thank you for this gift called life and for taking care of me.  
I pray that you grant me divine health all the way into old  
age.*

*Deliver me from any sickness or ill health.*

*I pray that you bless me with a healthy long life to be able to  
enjoy the fruit of my labour with my loved ones. Creating  
happy memories and experiences that will live on.*

*Amen.*

