

Printable Salads Shopping List

Fruits & Veggies	Spices	Sauces
Broccoli - 4 small Zucchini - 3 Carrot - 2 Cucumber - 4 Tomato - 3 Onion - 2 Apple - 3 Capsicum green, red, yellow - 3 each small Mango - 1 Pomegranate - 1 Raw papaya - 1 Baby corn - 9-10 cut into cubes Roasted peanuts - 2 table spoons Coriander leaves - 1 bunch Bean sprouts - 1 cup Mint leaves - few Boiled sweet corn - 1 cup Boiled chickpeas - 1 cup Mushroom - 1 pkt Garlic – 1 Lemons - 6	Basil Thyme Oregano Salt pepper chili powder garam masala chaat masala roasted cumin powder	Mayonnaise Mustard sauce Tomato sauce Soya sauce