

Grocery List Week 1

Bakery

- Tortillas (corn or flour; enough for two dinners)
- Sourdough bread baguette

Beverages

- Pineapple Juice

Breakfast & Cereal

- Crispy rice cereal (for protein bars)
- Quick oats
- Granola (any kind)
- Organic Rolled Oats

Canned Goods & Soups

- 1 (15-oz) can chickpeas
- 1 (15-oz) can light coconut milk
- 1 (6 oz) can Tomato Paste
- 2 (15-oz) cans cannellini beans
- 1 (15-oz) cans diced tomatoes
- 3 (15-oz) cans black beans

Condiments, Sauces & Spices

- Vegan Mayonnaise
- Salsa
- Sesame oil (if using)
- Olive Oil (if using)
- Hot chili paste (such as Sambal Oelek)
- Rice Vinegar
- Tahini
- Natural peanut butter
- Coconut aminos
- Soy Sauce
- Kosher or sea salt
- Curry powder
- Garlic Powder
- Chili Powder
- Paprika
- Cumin
- Salt & pepper

- Taco seasoning
- Cinnamon

Cookies, Snacks & Candy

- Triscuit crackers (optional)

Cooking & Baking

- Dairy free mini chocolate chips
- Flax seed
- Granulated Sugar
- Lime juice (fresh or bottled)
- Brown sugar (or coconut sugar)
- Instant yeast
- Organic all-purpose or bread flour
- Agave (or other sweetener)
- Vanilla Extract
- 3 (32-oz) containers Vegetable Stock
- Maple Syrup

Dairy

- Vegan yogurt (single serving - need 4 tbsp)
- 1/2 gallon (or more) Non-dairy milk

Frozen Food

- Frozen strawberry and banana mix
- 3 1/2 cups Frozen Corn
- Frozen mixed berries

Grains, Pasta & Rice

- Quinoa
- Linguine or rice noodles
- Red or golden lentils

Produce

- 1 (16-oz) cole slaw mix
- Organic salad greens (for a side salad)
- Scallions
- 1 Red Onion
- Shallots (or onion; 1/2 cup)
- 3 Yellow Onions

- Fresh asparagus
- Large head of broccoli
- Carrots (2 cups sliced)
- small Serrano pepper (or sub jalapeño)
- Fresh Ginger
- 1 lb small potatoes
- 1 to 4 med/large Russet Potatoes (depending on how many you make)
- 2 lbs Yukon gold potatoes
- 2 Lemons (or use lemon juice)
- Cilantro
- Bananas
- 3 cups Kale
- 3 tbsp Fresh Rosemary
- 2-3 Garlic Bulbs (depending on how much you use)

Other

- Pizza toppings (pizza sauce, vegan cheese, vegetables) (optional for day 7)
- Extra Firm Tofu
- Plant-based Vanilla Protein powder