

## Grocery List Week 2

### Bakery

- 6-8 Pita or Flatbread
- Whole grain or sourdough bread
- 8 Whole wheat or corn tortillas

### Breakfast & Cereal

- Rolled oats (4 cups)
- Natural peanut butter

### Canned Goods & Soups

- 1 (15 oz) Cannellini beans
- 1 (15 oz) Tomato sauce
- 3 (15 oz) Chickpeas
- 1 (15 oz) Vegetarian refried beans
- 2 (15 oz) Black beans
- 3 (14 oz) Vegetable broth

### Condiments, Sauces & Spices

- Bay leaf
- Dried basil
- Dried parsley
- Dried oregano
- Ground ginger
- Red pepper flakes (optional)
- Coriander
- Smoked (or regular) paprika
- Dried dill
- Black pepper
- Cumin
- Garlic powder
- Chili powder
- Dried thyme
- Cinnamon
- Allspice
- Kosher salt
- Sesame seeds
- Salsa
- Coconut aminos (may sub tamari)
- Seasoned rice vinegar
- Toasted sesame oil
- Vinegar
- Soy sauce
- Vegan mayonnaise
- Vegan Dijon mustard

- Everything but the Bagel seasoning

### Cookies, Snacks & Candy

- Whole grain crackers (optional)
- Dry roasted peanuts

### Cooking & Baking

- Instant yeast (for pizza dough if making)
- Pitted whole dates
- Lime juice
- Lemon juice
- Corn starch
- Organic cane sugar (or coconut sugar)
- Flour of choice
- Pecan pieces (1/2 cup; optional)
- Chopped walnuts (or pecans)
- Baking powder
- Maple syrup
- Vanilla extract

### Dairy

- Vegan parmesan (optional)
- Crumbled vegan feta
- Unsweetened vegan creamer (or canned coconut milk)
- Unsweetened plant milk of choice

### Frozen Food

- Frozen corn

### Grains, Pasta & Rice

- Ditalini pasta or other small pasta (6 oz)
- Brown rice
- Quinoa
- Fettuccine or other pasta (8-10 oz)
- Ramen or brown rice noodles (8-10 oz)

### Produce

- 2 apples (such as Braeburn or Honeycrisp)
- 1 orange (for zest; optional)

- Shredded mix of cabbage slaw (4-5 cups)
- Snap peas
- 2 Red bell pepper
- Green onions
- Cilantro
- Lime wedges (optional)
- Fresh ginger (may sub ground ginger)
- Tomato (optional)
- Red onion (optional)
- Romaine lettuce (optional)
- Fresh broccoli
- Carrots
- Fruit of choice (for snacks and sides)
- 4-5 Avocados
- Pico de gallo
- Sliced mushrooms (16-24 oz)
- 3 Garlic bulbs
- 3-4 Yellow onion
- Celery
- 2-3 Ripe bananas

**Other**

- Pizza toppings (pizza sauce, vegan cheese, vegetables) (optional for day 7)
- Hummus
- 2 Packages firm tofu (or other protein source; optional)