

WEEKLY SHOPPING LIST

PRODUCE

- blueberries
- raspberries
- blackberries
- bananas
- oranges
- apples
- mango
- lemons
- limes
- avocado
- tomatoes
- grapefruit
- grapes
- cherries
- basil
- cilantro
- parsley
- mint

MISCELLANEOUS

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PRODUCE

- leafy greens
- kale
- spinach
- broccoli
- cauliflower
- squash
- eggplant
- corn
- green onions
- white/red onions
- brussel sprouts
- mushrooms
- cucumbers
- carrots
- radish
- celery
- sweet potatoes
- potatoes
- zucchini

BAKERY

- bread
- pita
- tortilla

REFRIGERATED

- plant milk ie:
almond,
cashews, soy
- yogurt
- Vegenaïse
- vegan butter
- vegan margarine
- vegan cheese

- tofu, extra firm
- tempeh
- hummus

FROZEN

- peas
- corn
- mixed veggies
- cauliflower rice

- vegan meat: ie.
- sausage,
- burgers

WEEKLY SHOPPING LIST

GROCERY

- peanut butter
- jam
- tahini
- soup
- ramen
- pickles
- salsa
- coconut milk
- pasta sauce
- crushed tomatoes
- tomato paste
- vegetable broth
- hoisin sauce
- chipotles in adobo
- panko
- nutritional yeast
- flax seeds
- hemp hearts
- chia seeds
- almonds
- cashews
- sunflower seeds
- soy sauce
- sriracha (hot sauce)
- vinegars (white, apple cider, red wine, balsamic)
- mustards
- ketchup

GRAINS

- lentils (brown, green, red)
- quinoa
- rice (basmati, brown, white, jasmine, wild)
- barley
- bulgur
- pastas
- oats

LEGUMES

- black beans
- chickpeas
- kidney beans
- white beans

BAKING

- baking powder
- baking soda
- cornstarch
- sugar (brown, white, coconut)
- flour
- maple syrup
- vanilla extract

SPICES

- salt & pepper
- red pepper flakes
- oregano
- garlic powder
- onion powder
- paprika
- chili powder
- cumin
- cinnamon
- ginger

MISCELLANEOUS

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