



# Shopping List

Week 1  
Vegan

## Produce:

Avocados  
Lemons  
Garlic  
String beans  
Bananas  
Celery  
Broccoli slaw  
Spinach  
Sweet potatoes  
Thai basil  
Green peppers  
Tomatoes  
Brussels sprouts  
Zucchini  
Mushrooms  
Cilantro

## Proteins:

Firm tofu  
Protein powder

## Canned goods:

Black beans  
Chickpeas  
Red kidney beans  
Other beans of choice  
Pitted black olives  
Pumpkin  
Coconut milk  
Cannellini beans

## Dry goods/Grains/Breads:

Whole grains of choice  
Quinoa  
Lentils  
Sliced almonds  
Rolled oats  
Ground flaxseeds  
Chia seeds  
Other nuts and seeds of choice  
(walnuts, pecans, hemp seeds,  
pumpkin seeds, etc.)  
Cornflakes  
Whole wheat pita bread  
Whole wheat or corn tortillas  
Whole wheat or Ezekiel bread  
or english muffins

## Pantry Staples:

Olive oil  
Balsamic vinegar  
Salt  
Black pepper  
Cinnamon  
Vanilla extract  
Chili powder  
Cayenne pepper  
Ground ginger  
Pumpkin pie spice  
Paprika  
Garlic powder  
Cumin  
Baking Powder  
Baking Soda

## Condiments & miscellaneous:

Salsa  
Dijon mustard  
Sriracha hot sauce  
Hummus  
Maple syrup  
Applesauce  
Almond milk (or milk  
of choice)