



# Shopping List

Week 2  
Vegan

## **Produce:**

Bananas  
Salad greens  
Fruit of choice  
Avocados  
Celery  
Spinach  
Veggies of choice  
Basil  
Cherries (fresh or frozen)  
Kale  
Lemons  
Onion  
Mushrooms  
Limes  
Tomatoes  
Peppers  
Cilantro  
Sweet potatoes  
Blueberries (fresh or frozen)  
Butternut squash  
Garlic

## **Canned goods:**

Vegetable broth  
Tomato sauce  
Diced tomatoes  
Kidney beans  
Cannellini beans  
Chickpeas  
Black beans  
Artichokes  
Marinara sauce  
Pumpkin

## **Proteins:**

Tempeh  
Protein powder  
Firm tofu

## **Condiments & miscellaneous:**

Tamari  
Nut butter of choice  
Salsa  
Almond milk (or milk of choice)  
Agave nectar

## **Pantry Staples:**

Olive oil  
Coconut oil  
Salt  
Black pepper  
Garlic powder  
Coffee/espresso beans  
Dried oregano  
Dried thyme  
Cumin  
Cayenne  
Ground cloves  
Nutmeg  
Baking powder

## **Dry goods/Grains/Breads:**

Rolled oats  
Nutritional yeast  
Quinoa  
Brown rice  
Ground flaxseed  
Dried fruits, nuts, and seeds of choice (raisins, cranberries, walnuts, almonds, chia seeds, etc.)  
Whole wheat pita bread  
Whole wheat or corn tortillas  
Whole wheat bread  
Spelt or whole wheat flour