



Shopping List

Week 3

Vegan

Produce:

Avocados
Lemons
Garlic
Grapes
Bananas
Celery
Spinach
Sweet potatoes
Green peppers
Tomatoes
Bok choy
Cilantro
Parsley
Red onion
Shallots
Onions
String beans
Limes
Veggies of choice

Proteins:

Firm tofu
Protein powder

Canned goods:

Black beans
Chickpeas
Cannellini beans
Pitted black olives
Diced green chilies
Pumpkin
Coconut milk
Vegetable broth

Condiments & miscellaneous:

Salsa
Dijon mustard
Chili-garlic sauce
Hummus
Nut butter of choice
Barbeque sauce
Red wine vinegar
Agave nectar or brown sugar
Soy sauce
Stevia

Pantry Staples:

Olive oil
Balsamic vinegar
Coconut oil
Salt
Black pepper
Cinnamon
Chili powder
Cayenne pepper
Cumin
Cloves
Oregano
Garlic powder
Dried mustard
Smoked paprika
Pumpkin pie spice

Dry goods/Grains/Breads:

Rice
Quinoa
Lentils
Sliced almonds
Rolled oats
Ground flaxseeds
Walnuts
Almond meal
Raisins
Other nuts and seeds of choice (pecans, hemp seeds, pumpkin seeds, etc.)
Cornflakes
Whole wheat pita bread
Whole wheat or corn tortillas
Whole wheat bread