



Shopping List

Week 4
Vegan

Produce:

Bananas
Avocados
Spinach
Bell peppers
Lemons
Sweet potatoes
Garlic
Jalapeno pepper
Mushrooms
Cilantro
Zucchini & squash
Tomatoes
Blueberries (fresh or frozen)
Veggies of choice
Parsley
Chives
Basil

Proteins:

Firm tofu
Silken tofu
Tempeh
Protein Powder

Canned goods:

Black beans
Chickpeas
Other beans of choice
Green enchilada sauce
Pumpkin
Diced tomatoes
Tomato paste
Vegetable stock/broth

Condiments & miscellaneous:

Salsa
Hot sauce (optional)
Pesto
Nut butter of choice
Dijon mustard
Non-dairy milk of choice
Applesauce

Pantry Staples:

Olive oil
Balsamic vinegar
Salt
Pepper
Chili powder
Cumin
Turmeric
Cinnamon
Pumpkin pie spice
Baking powder

Dry goods/Grains/Breads:

Rolled oats
Quinoa
Brown rice
Other grains of choice
Lentils
Spelt flour
Brown sugar
Ground flaxseeds
Dried cranberries
Pecans
Dried fruits, nuts, and seeds of choice (raisins, cranberries, walnuts, almonds, chia seeds, etc.)
Whole wheat or corn tortillas
Whole wheat bread or English muffins