



WEEK 1 SHOPPING LIST

FRESH/COLD

Bananas – 4
Pineapple – 1
Pear – 1
Oranges – 2
Grapes (green)
Apple – 1
Fruit of choice
Dates (pitted)
Lettuce
Dandelion greens
Tomato – 8 medium, 2 Roma
Onions (yellow) – 6
Avocados – 4
Butternut squash
Celery
Green onion/scallions
Lemons (for juice) – 4-5
Sweet potatoes – 4 medium
Carrots
Corn – 2 ears or cans
Zucchini – 3
Garlic
Chili peppers – 2-3 (yellow chili, jalapeño, or serrano pepper)
Spinach
Bell peppers – 1 orange, 2 green or red
Kale
Collards
Ginger
Broccoli crowns
Sliced mushrooms
Fresh parsley (optional)
Fresh cilantro (optional)
Non-dairy milk (almond, coconut, cashew, soy)
Vegan mozzarella cheese
Vegan cheddar cheese
Vegan mayonnaise
2 – 16 oz package tofu

DRY/CANNED

All-natural nut butter (unsweetened)
Quinoa
Bread (whole grain or GF)
15 cans beans (1 black-eyed peas, 1 fava, 1 kidney or cannellini, 4 black, 1 pinto, 4 garbanzo/chickpeas, 3 white beans)
Lentils
Cashews
Walnuts
Mixed Nuts (or nut of choice)
Pumpkin seeds
Popcorn (air popped)
Capers (optional)
Vegetable stock/broth (2)
Oats
Hemp seeds/hearts
Chia seeds
Flax seeds
Maple syrup (grade B)
Artichoke hearts
2 – 24 oz cans Fire roasted tomatoes
1 – 15 oz can diced tomatoes
2 – 28 oz can diced tomatoes
1 – 16 oz package of GF penne noodles (2 if not using couscous)
Couscous
Nutritional yeast
Tahini
Tamari
Dijon mustard
Kelp granules
Corn
BBQ sauce
Cacao powder (raw)
Chocolate chips/Vegan chocolate chips

PANTRY

Oil (olive, grapeseed, avocado, coconut)
Vanilla extract
Apple cider vinegar
Red wine vinegar
Flour
Salt
Pepper
Red Pepper Flakes
Nutmeg
Thyme
Cinnamon
Cilantro
Dill
Turmeric
Rosemary
Cloves
Garlic powder (can substitute fresh garlic)
Bay leaf
Coriander
Cumin
Cardamom
Chili
Cayenne

** Depending on the number of people you will be cooking for, you may need to alter amounts.*