

Week 1 Shopping List

Cooking essentials in italics

PRODUCE	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
<i>Spinach</i>	<i>Unsweetened almond milk</i>	<i>Peanut butter</i>	<i>Black beans</i>
<i>Banana</i>	<i>Hummus</i>	<i>GF oats</i>	<i>Marinara sauce</i>
<i>Sweet potato</i>	<i>Tofu (firm/extra firm)</i>	<i>Walnuts</i>	<i>Chickpeas</i>
<i>Parsley</i>		<i>Maple syrup</i>	<i>Full-fat coconut milk</i>
<i>Mushrooms</i>		<i>Tamari</i>	
<i>Potatoes</i>		<i>Chia seeds</i>	
<i>Avocado</i>		<i>Brown rice</i>	
<i>Carrot</i>		<i>GF pasta (Legume-based pastas tend to hold up better in the fridge for leftovers)</i>	
<i>Red and white onion</i>		<i>Rice noodles</i>	
<i>Bell pepper</i>		<i>Gluten-free tortilla</i>	
<i>Garlic</i>		<i>Tortilla chips</i>	
<i>Lemons</i>		<i>Rice cakes</i>	
<i>Tomato</i>			
<i>Cucumber</i>			
<i>Lime</i>			
<i>Apples</i>			
<i>Fresh mint</i>			
<i>Fresh ginger</i>			
<i>Frozen mixed vegetables</i>			
<i>Frozen corn</i>			
<i>Frozen blueberries/mixed berries</i>			

Miscellaneous: Nutritional yeast, turmeric, cinnamon, paprika, cumin, coriander, olive oil, cooking oil, cayenne pepper, salsa, corn starch