

Week 2 Shopping List

Cooking essentials in italics

PRODUCE	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
Banana	<i>Dairy-free yogurt</i>	GF granola	<i>Whole tomatoes</i>
Spinach	<i>Unsweetened almond milk</i>	<i>Peanut butter</i>	<i>Black beans</i>
Sweet potato	<i>Firm tofu</i>	GF oats	<i>Chickpeas</i>
Lemon	Hummus	GF lasagna noodles	
Lime juice		<i>Brown rice</i>	
Garlic		<i>GF tortilla</i>	
Red onion		<i>Dried lentils</i>	
Lettuce		<i>Maple syrup</i>	
Fresh ginger		<i>Tamari</i>	
Celery		Vegetable stock	
Shredded carrots		<i>Vegan mayo</i>	
Bell pepper		<i>Yellow mustard</i>	
Cherry tomatoes		Marinara sauce	
Red grapes		Tomato paste	
Cilantro		<i>Cashews</i>	
<i>Avocado</i>		<i>Dates</i>	
<i>Frozen mixed vegetables</i>			
Frozen blueberries			
Canned diced tomatoes			
Frozen stir fry vegetable			

Miscellaneous: Cinnamon, nutritional yeast, olive oil, cumin, coriander, turmeric, salsa, garam masala spice mix