

Week 3 Shopping List

Cooking essentials in italics

PRODUCE	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
<i>Banana</i>	<i>Unsweetened almond milk</i>	<i>GF oats</i>	<i>Diced tomatoes</i>
<i>Cherry Tomatoes</i>	<i>Hummus</i>	<i>Cocoa powder</i>	<i>Chickpeas</i>
<i>Spinach</i>	<i>Tofu (firm/extra firm)</i>	<i>Peanut butter</i>	<i>Brown rice</i>
<i>Yellow onion</i>	<i>Dairy-free yogurt</i>	<i>Chia seeds</i>	<i>Black beans</i>
<i>Garlic</i>		<i>Maple syrup</i>	<i>Marinara sauce</i>
<i>Fresh ginger</i>		<i>GF/DF chocolate chips</i>	
<i>Lemon</i>		<i>GF/V bread of choice</i>	
<i>Avocado</i>		<i>Tamari</i>	
<i>Celery</i>		<i>GF pasta (Legume-based pastas tend to hold up better in the fridge for leftovers)</i>	
<i>Carrots</i>		<i>Quinoa</i>	
<i>Kale</i>		<i>Red lentils</i>	
<i>Green onions</i>		<i>Dates</i>	
<i>Lime</i>		<i>Vegetable broth</i>	
<i>Mushrooms</i>			
<i>Frozen mixed vegetables</i>			
<i>Frozen corn</i>			
<i>Frozen blueberries/mixed berries</i>			

Miscellaneous: Garam Masala spice, red chili flakes, cayenne pepper, nutritional yeast, turmeric, cinnamon, paprika, cumin, coriander, Italian seasoning, olive oil, cooking oil, salsa, corn starch