

Week 4 Shopping List

Cooking essentials in italics

PRODUCE	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
Apples	Dairy-free yogurt	<i>Peanut butter</i>	<i>Whole tomatoes</i>
Broccoli	<i>Unsweetened soy milk</i>	<i>GF oats</i>	<i>Black beans</i>
Potatoes	<i>Firm tofu</i>	<i>Brown Rice</i>	<i>Chickpeas</i>
Lemon	Tempeh	<i>GF/ V bread</i>	Salsa
Lime juice		<i>GF tortillas</i>	
Garlic		Quinoa	
Red onion		<i>Dried lentils</i>	
Kale (or spinach)		<i>Marinara sauce</i>	
Fresh ginger		<i>Chia seeds</i>	
Shredded carrots		<i>Maple syrup</i>	
<i>Avocado</i>		Brown sugar	
Cherry tomatoes		<i>Tamari sauce</i>	
Bell pepper		Walnuts	
<i>Frozen mixed vegetables</i>		Tomato paste	
<i>Frozen mixed berries</i>			

Miscellaneous: Sesame oil, corn starch, rice vinegar, salsa