

Week 1 Plant-Based Meal Plan Grocery List

Spices

- vanilla
- ground cinnamon
- pumpkin spice
- chili powder
- paprika
- cumin
- coriander
- cayenne pepper
- curry powder
- turmeric
- ground ginger
- garlic powder
- onion powder
- thyme
- oregano
- basil
- tarragon
- dried parsley
- bay leaves
- Himalayan cooking salt
- ground black pepper
- nutritional yeast

Grains, Breads & Flours

- brown rice
- buckwheat groats

- old-fashioned rolled oats (gluten-free)
- tortillas (whole-grain or gluten-free – I use [Food For Life](#))
- sprouted grain or gluten-free bread (*Food for Life*)
- GF Flour (I use [Bob's Red Mill 1:1 Baking Flour](#))
- baking soda
- baking powder
- xanthan gum
- egg replacer (I use [Bob's Red Mill](#))

Oils & Condiments

- small grapeseed oil or olive oil
- coconut oil
- balsamic vinegar
- mustard (I use [Nathan's Famous Original Coney Island Deli Style](#))

Nuts & Seeds

- 3 cups raw cashews
- hemp seeds
- flax seeds
- raw sunflower seeds

- raw pumpkin seeds

Legumes

- 1.5 cups yellow split peas
- 1 cup dried brown lentils
- 2 15-oz cans low sodium black beans
- 2 15-oz cans low sodium navy beans
- 2 15-oz cans low sodium pinto beans
- 1 15-oz can low sodium red kidney beans
- 2 15-oz cans low sodium garbanzo beans (chickpeas)

Frozen Fruits & Veggies

- wild blueberries
- dark sweet cherries
- cut leaf spinach
- corn
- broccoli

Dried Fruit

- organic raisins
- dates
- mango

Fresh Fruits & Veggies

- 2-4 bananas
- 2-4 organic apples
- 2-4 oranges
- grapes
- 8-10 lemons
- 3-4 pks baby greens (kale, spinach, arugula, lettuce)
- 1 bunch cilantro (optional)
- 2-3 avocados
- 2 English cucumbers
- 1 medium butternut squash
- 1 pk of carrots (not baby carrots)
- 1-2 slicing tomatoes
- 3 cups grape tomatoes
- 1 pk celery
- 2 yellow or orange bell peppers
- 3 cubanelle peppers
- 2 jalapeno peppers
- 1-2 garlic bulbs
- 3-4 red onions
- 3-4 yellow onions
- 4 large portobello mushrooms
- 5 sweet potatoes
- 4 Yukon Gold potatoes

Other Packaged Foods

- 2-3 cartons of rice milk (or other plant milk)
- 3 32-oz cartons of low sodium vegetable broth
- 15-oz fire roasted tomatoes
- 6-oz tomato paste
- salsa (I use [Chi Chi's Thick and Chunky](#))
- sliced kalamata olives
- maple syrup
- apple sauce (unsweetened)
- chocolate chips (I use [Enjoy Life](#))