

Week 2 Plant-Based Meal Plan Grocery List

Spices

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

Grains, Breads, Pasta & Flours

- quinoa
- old-fashioned rolled oats (gluten-free)
- small Gluten-Free Pasta shells (I use [Tinkyada](#))

- 4 oz rice sticks vermicelli (I use [KA•ME](#))
- tortillas (whole-grain or gluten-free – I use [Food For Life](#))
- sprouted grain or gluten-free bread ([Food for Life](#))
- GF All Purpose Flour (I use [Bob's Red Mill All Purpose Baking Flour](#))
- dark cocoa powder
- baking soda
- xanthan gum

Oils & Condiments

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

Nuts & Seeds

- raw cashews
- walnuts
- hemp seeds

- flax seeds
- raw sunflower seeds
- raw pumpkin seeds

Legumes

- 1/2 cup dried brown lentils
- 1.5 cup cups dried garbanzo beans (chickpeas)
- 1 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
- corn
- broccoli florets
- mixed vegetables

Dried Fruit

- organic raisins
- dates
- mango

Fresh Fruits & Veggies

- 1-2 bananas
- 2-4 organic apples
- 1-2 oranges
- grapes
- 8-10 lemons
- 3-4 pks baby greens (kale, spinach, arugula, lettuce)
- 2 cups fresh basil
- 2-3 avocados
- 1 English cucumbers
- 1 medium spaghetti squash
- 3 medium zucchinis
- 1 pk of carrots (not baby carrots)
- 3 cups grape or cherry tomatoes
- 1 pk celery
- 1-2 red bell peppers
- 3 garlic bulbs
- 2-3-inches of ginger root
- 5-6 onions (red or yellow)
- 8 oz button or portobello mushrooms
- 12 Yukon Gold potatoes

Other Packaged Foods

- 2-3 cartons of rice milk (or other plant milk)
- 1 32-oz carton of low sodium vegetable broth
- 14 oz can light coconut milk
- 2 15-oz cans diced tomatoes with mild green chilis
- 14.5-oz can whole peeled tomatoes
- 2 6-oz cans tomato paste
- 15-oz quartered artichoke hearts
- sliced kalamata olives
- sliced black olives
- maple syrup
- apple sauce (unsweetened)
- chocolate chips (I use [Enjoy Life](#))