

Week 3 Plant-Based Meal Plan Grocery List

Spices

- vanilla
- ground cinnamon
- pumpkin spice
- cumin
- chili powder
- ground ginger
- ground cloves
- garlic powder
- thyme
- tarragon
- dried parsley
- Himalayan cooking salt
- ground black pepper
- nutritional yeast
- McCormick's Pinch Perfect Salt-Free Seasoning

Grains, Breads, Pasta & Flours

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

- tortillas (whole-grain or gluten-free – I use [Food For Life](#))
- arrowroot powder
- dark cocoa powder

Oils & Condiments

- small olive oil
- mustard (I use [Nathan's Famous Original Coney Island Deli Style](#))
- cocoa butter wafers (I get these on [Amazon](#))
- low sodium Tamari sauce
- [Vegenaise](#) (unless you make avocado mayo)

Nuts & Seeds

- raw cashews
- walnuts
- sliced almonds
- hemp seeds
- flax seeds
- raw sunflower seeds
- raw pumpkin seeds

Legumes

- 2 15-oz cans low sodium navy beans

- 1 15-oz can low sodium black beans
- 2 15-oz cans low sodium garbanzo beans (chickpeas)

Frozen Fruits & Veggies

- wild blueberries
- dark sweet cherries
- 8 oz corn
- 8-16 oz peas
- 16 oz broccoli florets
- 16 oz cauliflower
- 16 oz mixed vegetables
- 16 oz pepper & onions

Dried Fruit

- organic raisins
- dates
- mango

Fresh Fruits & Veggies

- 1-2 bananas
- 2-4 organic apples or pears
- 1-2 oranges
- grapes
- 8 lemons

Veggie Primer

- 3-4 pks baby greens (kale, spinach, lettuce)
- 1-2 avocados
- 1 English cucumber
- 1 pk of carrots (not baby carrots)
- 1 dozen brussels sprouts
- 1 pk grape or cherry tomatoes
- 1 slicing tomato
- 1 pk celery
- 2 garlic bulbs
- 1 small bunch cilantro (optional)
- 1 small bunch parsley (optional)
- 5 onions (red or yellow)
- 8 oz baby bella mushrooms
- 8 Yukon Gold potatoes
- 3 large sweet potatoes
- capers
- sliced black olives
- maple syrup

Other Packaged Foods

- 3-4 cartons of rice milk (or other plant milk)
- 3 32-oz carton of low sodium vegetable broth
- 2 15-oz cans diced tomatoes with mild green chilis