

Week 4 Plant-Based Meal Plan Grocery List

Spices

- vanilla
- ground cinnamon
- pumpkin spice
- chili powder
- paprika
- cumin
- cayenne pepper
- crushed red pepper flakes
- turmeric
- ground ginger
- garlic powder
- onion powder
- mustard powder
- oregano
- basil
- tarragon
- dried parsley
- Himalayan cooking salt
- ground black pepper
- nutritional yeast

Grains, Breads & Flours

- buckwheat groats
- quinoa
- old-fashioned rolled oats (gluten-free)

- tortillas (whole-grain or gluten-free – I use [Food For Life](#))
- corn tortillas
- sprouted grain or gluten-free English muffins ([Food for Life](#))
- Garbanzo Bean Flour (I use [Bob's Red Mill](#))
- baking soda
- baking powder
- small Gluten-Free Pasta shells (I use [Tinkyada](#))

Oils & Condiments

- small olive oil
- coconut oil
- balsamic vinegar
- apple cider vinegar
- distilled white vinegar
- rice vinegar
- low sodium Tamari sauce
- mustard (I use [Nathan's Famous Original Coney Island Deli Style](#))
- taco sauce
- salsa (I use [Chi Chi's Thick and Chunky](#))

Nuts & Seeds

- natural peanut butter
- raw cashews
- walnuts
- flax seeds
- raw sunflower seeds
- raw pumpkin seeds
- unhulled sesame seeds

Legumes

- dried brown lentils
- 1 15-oz cans low sodium pinto beans
- 2 15-oz cans low sodium garbanzo beans (chickpeas)

Frozen Fruits & Veggies

- wild blueberries
- dark sweet cherries
- cut leaf spinach
- corn
- mixed vegetables
- broccoli florets
- cauliflower
- white pearl onions

Dried Fruit

- organic raisins
- dates
- mango

Fresh Fruits & Veggies

- 1-2 bananas
- 2-4 organic apples
- 2-4 oranges
- grapes
- 8-9 lemons
- 1 lime
- 3-4 pks baby greens (kale, spinach, lettuce)
- 1 bunch cilantro (optional)
- 2-3 avocados
- 1 English cucumbers
- 1 pk of carrots
- 1 small turnip
- grape tomatoes
- 1 yellow or orange bell peppers
- 1-2 garlic bulbs
- 3-4 red onions
- 1-2 large portobello mushrooms
- 2 large sweet potatoes
- 1 large Yukon Gold potato

Other Packaged Foods

- 2-3 cartons of rice milk (or other plant milk)
- 1 32-oz cartons of low sodium vegetable broth
- 6-oz tomato paste
- 48-oz tomato sauce
- 14 oz can diced tomatoes
- sliced kalamata olives
- maple syrup
- molasses
- date sugar
- chocolate chips (I use [Enjoy Life](#))