

Week 5 Plant-Based Meal Plan Grocery List

Spices

- basil
- dried parsley
- garlic powder
- ground allspice
- ground black pepper
- ground cinnamon
- ground ginger
- Himalayan cooking salt
- marjoram
- nutritional yeast
- oregano
- pumpkin spice

Grains, Breads & Flours

- brown rice
- buckwheat groats
- corn meal
- old-fashioned rolled oats (gluten-free)
- quinoa
- small Gluten-Free Pasta shells (I use [Tinkyada](#))
- wild rice blend

Oils & Condiments

- balsamic vinegar

- mustard (I use [Nathan's Famous Original Coney Island Deli Style](#))
- rice vinegar
- Tamari sauce

Nuts & Seeds

- chia seeds
- flax seeds
- pecans
- raw cashews
- raw pumpkin seeds
- raw sunflower seeds
- sliced almonds
- sunflower seeds
- walnuts

Legumes

- 1 cup dried brown lentils
- 1 15-oz cans low sodium navy beans
- 1 15-oz can low sodium red kidney beans
- 1-2 15-oz cans low sodium garbanzo beans (chickpeas)

Frozen Fruits & Veggies

- broccoli
- dark sweet cherries
- frozen peppers & onions
- wild blueberries

Dried Fruit

- organic raisins
- dates
- mango

Fresh Fruits & Veggies

- 1 bunch cilantro (optional)
- 1 small bunch fresh rosemary
- 1 sweet onion
- 1-2 yellow or orange bell peppers
- 2 English cucumbers
- 2 medium acorn squash
- 2 pks baby bella mushrooms
- 2 zucchinis
- 2-3 avocados
- 2-3 garlic bulbs
- 2-4 bananas
- 2-4 oranges
- 2-4 organic apples

Veggie Primer

- 3-4 pks baby greens
(kale, spinach,
arugula, lettuce)
- 3-4 red onions
- 4 sweet potatoes
- 4-6 cups grape or
cherry tomatoes
- 8-10 lemons
- carrots
- grapes

Other Packaged Foods

- 14.5 oz diced
tomatoes with green
chilis
- 2-3 cartons of rice
milk (or other plant
milk)
- 26 oz Pomi strained
tomatoes
- 28 oz canned whole
peeled plum
tomatoes
- 6 cups low sodium
vegetable broth
- chocolate chips (I use
[Enjoy Life](#))
- maple syrup
- nori sheets