

Week 6 Plant-Based Meal Plan Grocery List

Spices

- basil
- bay leaves
- cayenne pepper
- celery seed
- chili powder
- crushed red pepper flakes
- cumin
- curry powder
- dried parsley
- garlic powder
- ground black pepper
- ground cinnamon
- ground coriander
- ground fennel seeds
- ground ginger
- ground turmeric
- nutritional yeast
- onion powder
- oregano
- paprika
- pumpkin spice
- smoked paprika
- thyme

Grains, Breads & Flours

- brown rice

- buckwheat, quinoa or millet for porridge
- old-fashioned rolled oats (gluten-free if needed)
- sprouted grain or gluten-free bread or English muffins (*Food for Life*)
- tortillas (whole-grain or gluten-free – I use [Food For Life](#))

Condiments

- brown rice vinegar
- mustard (I use [Nathan's Famous Original Coney Island Deli Style](#))
- white miso paste

Nuts & Seeds

- 2 cups raw cashews
- almond butter
- almonds
- brazil nuts
- flax seeds
- hemp seeds
- raw pumpkin seeds
- walnuts

Legumes

- 1 cup black or red lentils
- 1.5 cups black beans
- 1.5 cups cannellini beans
- 3 cups garbanzo beans (chickpeas)

Frozen Fruits & Veggies

- cauliflower
- dark sweet cherries
- green beans
- wild blueberries

Dried Fruit

- organic raisins
- dates
- mango

Fresh Fruits & Veggies

- 1 avocado
- 1 bunch fresh basil
- 1 bunch fresh parsley
- 1 bunch scallions
- 1 head cauliflower
- 1 pk celery
- 1 pk of carrots (not baby carrots)
- 1 plum tomatoes

- 1 sweet potato
- 2 pks grape tomatoes
- 2 pks mushrooms
- 2-4 bananas
- 2-4 oranges
- 3 garlic bulbs
- 3 red bell peppers, 1 green
- 3-4 pks baby greens (kale, spinach, arugula, lettuce)
- 4 shallots
- 4-6 zucchini
- 5 organic apples
- 8-10 lemons
- 9 red onions
- ginger root
- grapes

*You will also need approximately 18 cups of vegetable broth – I intend to follow the *How Not To Die Cookbook* recipe and make my own and I have included the necessary ingredients on this list

Other Packaged Foods

- .75 cup tomato puree
- 1 pk tempeh
- 14.5 oz diced tomatoes
- 2-3 cartons of rice milk (or other plant milk)
- 20 oz jack fruit
- 6 oz tomato paste
- date sugar