

# Week 7 Plant-Based Meal Plan Grocery List

## Spices

- chili powder
- cumin
- crushed red pepper flakes
- dried parsley
- garlic powder
- ground black pepper
- ground cinnamon
- ground ginger
- Himalayan cooking salt
- nutritional yeast
- onion powder
- oregano
- paprika
- smoked paprika
- tarragon
- thyme
- turmeric
- vanilla

## Grains, Breads & Flours

- arrowroot powder
- baking powder
- baking soda
- buckwheat groats
- egg replacer (I use [Bob's Red Mill](#))

- GF Flour (I use [Bob's Red Mill 1:1 Baking Flour](#))
- old-fashioned rolled oats (gluten-free)
- small and large Gluten-Free Pasta shells (I use [Tinkyada](#))
- tortillas (whole-grain or gluten-free – I use [Food For Life](#))
- xanthan gum

## Oils & Condiments

- apple cider vinegar
- coconut oil
- mustard (I use [Nathan's Famous Original Coney Island Deli Style](#))
- small olive oil
- [Vegenaise](#) (unless you make avocado mayo)

## Nuts & Seeds

- pine nuts
- raw pumpkin seeds
- raw sunflower seeds
- tahini
- walnuts (or other chopped nuts)

## Legumes

- 1 cup dried brown lentils
- 3 15-oz cans low sodium navy beans
- 1 15-oz can low sodium red kidney beans
- 2 15-oz cans low sodium garbanzo beans (chickpeas)

## Frozen Fruits & Veggies

- wild blueberries
- dark sweet cherries or other frozen fruit
- 16 oz cauliflower florets
- 16 oz frozen vegetables
- broccoli florets

## Dried Fruit

- organic raisins
- dates
- mango

## Fresh Fruits & Veggies

- grapes
- 1 bunch cilantro (optional)
- 1 avocado

- 1 medium butternut squash
- 1 pk of carrots (not baby carrots)
- grape tomatoes
- 1 pk celery
- 1 yellow or orange bell peppers
- 1 cubanelle pepper or green bell pepper
- 8 Yukon Gold potatoes
- 1 bunch basil
- 1 bunch fresh parsley
- 2 lbs mushrooms (cremini and shiitake if possible)
- 1 sweet potato
- 1 zucchini
- 1-2 English cucumbers
- 1-2 slicing tomatoes
- 1-2 garlic bulbs
- 2-3 pks baby greens (kale, spinach, arugula, lettuce)
- 2-4 bananas
- 2-4 organic apples or pears
- 2-4 oranges
- 4-5 red onions
- 8-10 lemons

## Other Packaged Foods

- 2-3 cartons of rice milk (or other plant milk)
- 1-2 32-oz cartons of low sodium vegetable broth
- 6-oz tomato paste
- coconut milk
- 14 oz diced tomatoes with green chilies
- 14 oz extra firm tofu
- miso paste
- maple syrup
- apple sauce (unsweetened)
- chocolate chips (I use [Enjoy Life](#))