

# Week 8 Plant-Based Meal Plan Grocery List

## Spices

- chili powder
- coriander
- crushed red pepper flakes
- cumin
- dried basil
- dried parsley
- garlic powder
- ground black pepper
- ground cinnamon
- Himalayan cooking salt
- nutritional yeast
- onion powder
- oregano
- paprika
- poultry seasoning
- thyme
- turmeric

## Grains, Breads & Flours

- buckwheat, millet, or quinoa for porridge
- chickpea flour (garbanzo bean)
- egg replacer (I use [Bob's Red Mill](#))

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

## Oils & Condiments

- balsamic vinegar
- coconut oil
- grape seed oil
- maple syrup
- mustard (I use [Nathan's Famous Original Coney Island Deli Style](#))
- tamari sauce

## Nuts & Seeds

- ¼ cup raw brazil nuts
- 2 cups raw cashews
- raw pumpkin seeds

## Legumes

- 1 15-oz can black beans

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

## Frozen Fruits & Veggies

- broccoli florets
- cauliflower florets
- peas and carrots
- tart cherries
- wild blueberries

## Dried Fruit

- apricots (unsweetened, no sulfer)
- dates
- mango (unsweetened, no sulfer)
- organic raisins

## Fresh Fruits & Veggies

- 1 avocado
- 1 bunch fresh parsley
- 1 pk celery
- 1 pk mushrooms
- 1 pk of carrots (not baby carrots)
- 1 red bell pepper
- 1 sweet potato
- 1-2 bananas
- 1-2 English cucumbers
- 1-2 garlic bulbs
- 1-2 oranges
- 1-2 slicing tomatoes
- 2 jalapeno peppers
- 2 pk grape tomatoes
- 2-3 pks baby greens (kale, spinach, arugula, lettuce)
- 2-4 organic apples or pears
- 3 cubanelle pepper or green bell pepper
- 4 Yukon Gold potatoes
- 4-5 red onions
- 8-10 lemons
- ginger root
- grapes

## 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
- 14 oz diced tomatoes
- quartered artichoke hearts (canned or frozen – no oil)
- sliced kalamata olives
- 2 24-oz jars of pasta sauce
- 1 pk Daiya mozzarella style shreds