

Week 9 Plant-Based Meal Plan Grocery List

Spices

- bay leaves
- cayenne pepper
- crushed red pepper flakes
- cumin
- dried basil
- dried parsley
- garlic powder
- ground black pepper
- ground cinnamon
- ground ginger
- ground mustard
- Himalayan cooking salt
- McCormick Pinch Perfect Salt-Free Seasoning
- nutritional yeast
- onion powder
- oregano
- thyme

Grains, Breads & Flours

- 2 pks Gluten-Free Small Pasta Shells (I use [Tinkyada](#))
- baking powder
- baking soda

- buckwheat, millet, or quinoa for porridge
- 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
- distilled white vinegar
- maple syrup
- molasses
- mustard (I use [Nathan's Famous Original Coney Island Deli Style](#))

Nuts & Seeds

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

- sliced almonds

Legumes

- 1 15-oz cans low sodium navy beans
- 2 15-oz cans low sodium garbanzo beans (chickpeas)
- 2 cups dried lentils

Frozen Fruits & Veggies

- broccoli florets
- cauliflower florets
- corn
- cut leaf spinach
- peas
- pepper & onions
- sweet cherries
- wild blueberries

Dried Fruit

- apricots (unsweetened, no sulfur)
- dates
- mango (unsweetened, no sulfur)
- 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
- 1-2 bananas
- 1-2 English cucumbers
- 1-2 garlic bulbs
- 1-2 oranges
- 2 pk grape tomatoes
- 2 zucchinis
- 2-3 pks baby greens (kale, spinach, arugula, lettuce)
- 2-4 organic apples or pears
- 4-5 red onions
- 5 sweet potato
- 8-10 lemons
- grapes
- small spaghetti squash
- small turnip

Other Packaged Foods

- 14 oz diced tomatoes with green chilies
- 2-3 24-oz jars of pasta sauce
- 2-3 cartons of rice milk (or other plant milk)
- 2-3 pks Daiya mozzarella style shreds
- 26 oz Pomi strained tomatoes
- 28 oz whole peeled plum tomatoes
- 3-4 32-oz cartons of low sodium vegetable broth
- 6-oz tomato paste
- quartered artichoke hearts (canned or frozen – no oil)
- sliced black olives