

# GROCERY LIST

## PRODUCE

3 SWEET POTATOES  
6 AVOCADOS  
4 VINE TOMATOES  
1 JALAPENO  
3 HEADS GARLIC  
1 HEAD OF ICEBERG LETTUCE  
1 - 5OZ BAG OF SPINACH  
1.5LB BAG DEEP GREENS BLEND  
(SPINACH, BABY KALE, & CHARD)  
3 BABY BOK CHOY  
1.5LB CHERRY TOMATOES  
1 EGGPLANT  
1 HEAD OF BROCCOLI  
1 STALK CELERY  
1 - 20OZ BAG OF BABY  
CARROTS  
1 BAG OF CLEMENTINES  
1 CUCUMBER  
6 OZ ORGANIC BLUEBERRIES  
6OZ ORGANIC BLACKBERRIES  
1 LEMON (OR LEMON JUICE)  
12 BANANAS  
4 ORGANIC APPLES

## GRAINS & BREAD

32 OZ SHORT GRAIN BROWN  
RICE  
32OZ COUSCOUS  
4LB QUINOA  
2LB ROLLED OATS  
8 WHOLE GRAIN TORTILLAS  
1 LOAF OF WHOLE-GRAIN  
SPROUTED BREAD

## DRY & CANNED GOODS

2 - 15OZ CANS BLACK BEANS  
1LB WHOLE WHEAT PASTA  
(SPAGHETTI)  
12OZ BROWN RICE OR  
QUINOA PASTA (ROTINI)  
32OZ VEGETABLE BROTH  
1 BOX OF CEREAL

## SNACKS

8.5OZ BROWN RICE RICE CAKES  
8 LARABAR (OR VEGAN GRANOLA  
BAR OF YOUR CHOICE)  
6 - 0.35OZ BAG ROASTED  
SEAWEED SNACK  
1 BAG SPROUTED RICE CHIPS



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## COLD ITEMS

8OZ VEGAN MOZZARELLA  
CHEESE (FOLLOW YOUR HEART IS  
OUR FAVORITE BRAND)  
2 - 1L BOXES OF  
COCONUT WATER  
2 HALF-GALLON ALMOND MILK  
(ORIGINAL UNSWEETENED; OR NON-  
DAIRY MILK OF YOUR CHOOSING)  
48 FL OZ COCONUT<sup>T</sup> (NON-DAIRY MILK)  
  
13OZ TUB OF EARTH BALANCE  
(VEGAN BUTTER)  
8OZ HUMMUS  
16 FL OZ VEGAN MAYO  
(JUST MAYO IS OUR FAVORITE BRAND)  
15OZ PIZZA SAUCE  
2 - 8OZ BOXES OF SEITAN

## FROZEN ITEMS

1 - 11OZ BAG MEATLESS BEEF  
CRUMBLES (BEYOND MEAT IS OUR FAVORITE)  
16 OZ FROZEN BEETS  
16 OZ FROZEN PEAS  
16 OZ FROZEN MANGO  
16 OZ FROZEN BLUEBERRIES  
  
16 OZ FROZEN PEACHES  
1 BOX OF FRUIT POPSICLES  
(NO ADDED SUGAR; OUR FAVORITE  
ARE SMART POPS)

## BAKING, ETC.

32OZ RAW CASHEWS  
1LB MEDJOOOL DATES  
2LB RAISINS  
16 FLOZ BRAGG LIQUID AMINO  
(OR TAMARI SAUCE)  
32 FLOZ BRAGG APPLE CIDER  
VINEGAR (RAW, UNFILTERED)  
CHILI POWDER  
0.5 LB NUTRITIONAL YEAST  
16 FL OZ OLIVE OIL  
16 FL OZ COCONUT OIL  
12 FL OZ MAPLE SYRUP  
(GRADE A AMBER COLOR)  
16OZ PEANUT BUTTER  
9OZ DIJON MUSTARD  
16OZ CHIA SEEDS  
1LB HEMP SEEDS (HEMP HEARTS)  
TURMERIC  
SEA SALT  
BLACK PEPPER  
5LB SPELT FLOUR  
BAKING POWDER  
ACTIVE DRY YEAST  
VANILLA EXTRACT  
CINNAMON