



Nafsika's Grocery List

Note- I don't expect you to buy ALL this every week or even month. Most of these should be kept in your pantry to be able to make a good variety of dishes.

- Flax seeds and/or chia seeds
- Cashews
- Chickpeas
- Meatless Beef (frozen or refrigerated)
- Tofu (extra firm)
- Lentils
- Dry Beans (preferably mixed)
- Sunflower or Pumpkin Seeds
- Asparagus
- Wholegrain rice
- Quinoa
- Leek
- Kale
- Spinach
- Lettuce
- Cabbage
- Carrots
- Celery
- Onions
- Garlic
- Russet Potatoes
- Sweet Potatoes
- Purple Beets and/or Golden Beets
- Nutritional Yeast
- Cauliflower
- Extra Virgin Olive Oil (EVOO)
- **Nafsika's Garden** cheese alternatives (vegan)
- Red Wine Vinegar
- Sea Salt
- Ground Pepper
- Cinnamon Sticks
- Fresh Basil
- Fresh Parsley