

SHOPPING LIST

PROTEINS & DAIRY

- 1 8-oz package organic tempeh
- 1 package plant-based protein powder

VEGGIES & FRUITS

- 3 avocados
- 3 small apples
- 5 avocados
- 3 large sweet potatoes
- 1 head cauliflower
- 1 cucumber
- 1 red bell pepper
- 1 small yellow onion
- 2 heads romaine lettuce
- 1 bag baby spinach
- 2 limes
- 1 large head garlic
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 bunch fresh dill
- 2 4-oz bags dried cranberries
- 1 baking pumpkin or butternut squash
- 6 tomatoes

WHOLE GRAINS

- 1 bag quinoa
- 1 bag brown rice flour
- 14 7-inch corn tortillas

NUTS, SEEDS & OILS

- 1 bottle extra-virgin olive oil
- 1 jar coconut oil
- 1 14-oz can full-fat coconut milk
- 1 32-oz carton unsweetened almond milk
- 1 jar unsweetened nut butter (any kind)
- 6 oz raw almonds
- 1 bag ground golden flaxseed

PANTRY STAPLES

- 1 15-oz BPA-free can pumpkin purée
- 2 15-oz BPA-free cans chickpeas
- 2 15-oz BPA-free cans black beans
- 1 bottle apple cider vinegar
- 1 bottle reduced-sodium buffalo hot sauce
- 2 bottle reduced-sodium tamari or soy sauce
- 1 jar Dijon mustard
- 1 bottle pure vanilla extract
- 1 bottle pure maple syrup
- 1 bottle freeze-dried chives
- 1 bottle dried parsley
- 1 bottle cayenne pepper
- 1 bottle chile powder
- 1 bottle ground cinnamon
- 1 bottle ground cloves
- 1 bottle garlic powder
- 1 bottle ground ginger
- 1 bottle ground nutmeg
- 1 bottle ground black pepper
- 1 bottle sea salt