

# GROCERY LIST

## PANTRY:

- Canned Beans (Black, Kidney, Garbanzo, White, etc.)
- Dry Beans
- Bean Pasta
- Whole Wheat Pita
- Corn Tortillas
- Veggie Stock / Better Than Bouillon
- Tomato Paste
- Salsa
- Crushed Tomatoes
- Diced Tomatoes
- Raw Nuts (Walnuts, Cashews, Hazelnuts, Almonds, Other)
- Sunflower Seeds
- Pumpkin Seeds
- Sesame Seeds
- Tahini
- Raisins
- Liquid Aminos
- Vinegars
- Nutritional Yeast
- Vanilla Extract
- Flax Seed
- Rolled Oats
- Chili Powder
- Garlic Powder
- Onion Powder
- Nut Butter
- Other Spices
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## REFRIGERATED:

- Almond Milk (plain/vanilla)
- Carrot Juice
- Lemon Juice
- Lime Juice
- Tofu
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## FROZEN:

- Pineapple
- Mango
- Raspberries
- Blueberries
- Cherries
- Corn
- Mixed Veggies
- Riced Cauliflower
- Cauliflower
- Broccoli
- Veggie Burgers
- Ezekiel Bread
- Trader Joe's Tofu Bowls
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## FRESH FRUIT & VEGGIES:

- Bananas
- Apples
- Oranges
- Strawberries
- Grapes
- Watermelon
- Lemons/Limes
- Onions (Red, Yellow, White)
- Lettuce for salads
  - Spinach
  - Butter Lettuce
  - Kale
  - Spring Mix
- Bell peppers (multi-color / green)
- Carrots (baby / regular)
- Zucchini
- Jicama
- Mushrooms
- Broccoli
- Cauliflower
- Green Beans
- Sugar Snap Peas
- Riced Veggie Blend
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## OTHER:

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