**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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