

# SHOPPING LIST

This is only a general guide of items needed for the the one week meal plan. Only you know what you already have on hand and how many people you need to prepare meals for. In order to simplify things almost all recipes are served twice in the week (remember, this is for the cook with little interest or time for cooking). If there are two people in your home, and the recipe serve two, you would need enough ingredients for four servings. Increase that number if you are cooking for more than two people.

Salad greens (choose a few: green leaf, red leaf, butter lettuce, Boston lettuce, romaine, arugula, Swiss chard, collards, kale)  
Salad ingredients (examples: radishes, scallions, peppers, tomatoes, frozen peas, chickpeas, carrots)  
Onions  
Mushrooms (several cups)  
Potatoes, sweet and white  
Grape or cherry tomatoes  
Broccoli (fresh or frozen)  
Red peppers (green, yellow, or orange okay too)  
Carrots  
Celery  
garlic (fresh or jar minced)  
fresh basil  
Blueberries (fresh or frozen)  
Other berries (fresh or frozen)  
Bananas  
Mandarin oranges (canned is fine)  
Other Fruit (fresh or frozen - for snacking)  
Lemons  
Oil-free hummus  
Tofu  
Old Fashioned Rolled Oats  
canned lentils  
canned black beans  
canned cannellini beans  
canned chickpeas (garbanzos)  
cans of diced tomatoes  
Jars of salsa or pico di gallo  
Jar of kalamata olives  
ground flax seeds  
chia seeds  
green matcha powder (also called green tea powder - optional for oatmeal)  
brown rice (dry or frozen cooked)  
brown rice pasta of choice (or other whole grain pasta)  
quinoa (dry or frozen cooked)  
spelt flour  
oat flour

baking powder  
vanilla  
plant milk (your choice - oat, rice, almond, hemp etc)  
dry cereal (check label for whole grains and low sugar; should not contain milk)  
frozen corn  
bags of other frozen mixed vegetables (whatever type you like)  
walnuts (or other nut you like)  
tomato paste  
ketchup  
vegetarian Worcestershire sauce (if you can't find it, regular is ok to use since it will be a small amount)  
balsamic vinegar  
dijon mustard  
maple syrup  
cinnamon  
dried thyme  
dried rosemary  
dried basil (if no fresh)  
Italian seasoning  
dried turmeric  
ground cumin  
paprika