



VEGETARIAN GROCERY LIST

Week 1



The (mostly)
Simple Life

Practical Ways to Improve Your Life, Home, + Budget



VEGETARIAN GROCERY LIST - WEEK 1

Fruits & Vegetables

- 5 Bananas
- 1/2 Cup of Mixed Berries
- 5 Avocados
- 1 Lemon
- 7 Cups of Spinach
- 4 Cups of Arugula
- 1 Small Sweet Potato
- 1 Head of Broccoli
- 2 Carrots
- 2 Red Bell Peppers
- 2 English Cucumbers
- 2 Tomatoes
- 1/4 Cup of Cherry Tomatoes
- 1 Stalks of Celery
- 1 Cup of Bean Sprouts
- 1/2 Cup of Green Onions
- 1 Red Onion
- 2 Onions / 5 Clove of Garlic

Grains, Beans & Legumes

- 5 1/2 Cup of Gluten Free Oatmeal
- 1 Brown Rice Tortilla Wraps
- 8 oz of Brown Rice Pasta
- 2 Cup Cooked Quinoa
- 4 Cans of Chickpeas

Dairy

- 1/4 Cup of Mini Mozzarella Balls

Baking Supplies

- 1/2 Cup of Shredded Coconut
- 2 Tbsp of Raw Cacao Powder
- 8 Medjool Dates
- 2 tsp of Baking Powder

Condiments

- Extra Virgin Olive Oil
- Coconut Oil
- 2 1/2 Tbsp of Balsamic Vinegar
- 1 Cup of Coconut Milk
- 6 3/4 Cups of Almond Milk
- 2 Cans of Diced Tomatoes
- 1/2 Cup of Coconut Aminos
- 1/4 Cup of Tahini (Sesame Paste)
- 2 Tbsp of Almond Butter
- 2 Tbsp of Vegan Mayo

Herbs & Spices

- Ground Turmeric, Cumin, Ginger, Cinnamon

Extra

- 3 Servings of Vanilla Protein Powder
- 4 Sun Dried Tomatoes
- 8 oz of Tempeh
- 8 oz of Tofu
- 12 oz of Kelp Noodles

Week 1

Breakfast	Green Protein Smoothie	Superfood Oatmeal	Green Protein Smoothie	Superfood Oatmeal	Green Protein Smoothie	Superfood Oatmeal	Banana Pancakes
Lunch	Chickpea Wrap	Buddha Bowl (left overs)	Balsamic Arugula Salad (left overs)	Creamy Tomato Pasta (left overs)	Tofu Pad Thai (left overs)	Caprese Stuffed Avocado	Sweet Potato Chickpea Curry (left overs)
Dinner	Buddha Bowl	Balsamic Arugula Salad	Creamy Tomato Pasta	Tofu Pad Thai	Eat Out Using the Vegetarian Guide Guidelines	Sweet Potato Chickpea Curry	Kelp Noodle Stir Fry
Snack	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks