



VEGETARIAN GROCERY LIST

Week 2



The (mostly)
Simple Life

Practical Ways to Improve Your Life, Home, + Budget



VEGETARIAN GROCERY LIST - WEEK 2

Fruits & Vegetables

- 3 Cups of Raspberries
- 3 Bananas
- 3 1/2 Avocados
- 1 Lemon
- 2 Limes
- 2 Tbsp of Lime Juice
- 2 Cups of Kale
- 2 Cup of Fresh Greens
- 1 1/4 Cup of Fresh Parsley
- 1/2 Cup of Cilantro
- 2 Small Sweet Potatoes
- 1 Head of Broccoli
- 8 Carrots
- 2 Zucchini
- 4 Tomatoes
- 2 Leeks
- 1/2 Cup of Red Onion
- 1 Cup of Chopped Onions
- 7 Cloves of Garlic

Grains, Beans & Legumes

- 2 3/4 Cup of Gluten Free Oats
- 1/2 Cup of Quinoa
- 1 Can of Black Beans
- 1 Cup of Black Beans
- 1 Cup of Corn
- 1 Can + 1/2 Cup of Chickpeas
- 1 Cup of Cooked Lentils

Nuts & Seeds

- 3/4 Cup of Walnuts
- 2 Tbsp of Pine Nuts
- 1/4 Cup + 3 Tbsp of Chia Seeds
- 1/4 Cups of Sesame Seeds
- 1/4 Cups of Sunflower Seeds

Baking Supplies

- 1/2 Cup of Almond Flour
- 6 Tbsp of Raisins
- 3 Tbsp of Maple Syrup
- 2 tsp of Baking Powder

Condiments

- 3 Cups of Coconut Milk
- 2 Cups of Marinara Sauce
- 4 Cups of Vegetable Broth
- 1 Cup of Canned Coconut Milk
- 2 1/2 Cup of Almond Milk
- 1/4 Cup Tahini & 1/4 Cup Almond Butter

Herbs & Spices

- Italian Seasoning
- Herb Mix Seasoning
- Chilli Powder
- Cayenne Powder

Extra

- 3 Servings of Vanilla Protein Powder

Week 2

Breakfast	Raspberry Coconut Smoothie	Carrot Cake Overnight Oats	Raspberry Coconut Smoothie	Carrot Cake Overnight Oats	Raspberry Coconut Smoothie	Carrot Cake Overnight Oats	Banana Pancakes
Lunch	Kelp Noodle Stir Fry (left overs)	Creamy Broccoli Soup (left overs)	Falafel Salad (left overs)	Stuffed Sweet Potato (left overs)	Black Bean Burgers (left overs)	Crunchy Kale Salad	Zoodles & Lentil Meatballs (left overs)
Dinner	Creamy Broccoli Soup	Falafel Salad	Stuffed Sweet Potato	Black Bean Burgers	Eat Out Using the Vegetarian Guide Guidelines	Zoodles & Lentil Meatballs	Quinoa Tabouleh
Snack	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole