



VEGETARIAN GROCERY LIST

Week 3



The (mostly)
Simple Life

Practical Ways to Improve Your Life, Home, + Budget



GROCERY LIST - WEEK 3

Fruits & Vegetables

- 5 Avocados
- 6 Bananas
- 1 Cup of Mixed Berries
- 1 Lemon
- 4 Cups of Spinach
- 4 Cups of Arugula
- 2 Small Sweet Potatoes
- 1 Head of Broccoli
- 2 Carrots
- 4 Red Bell Pepper
- 1 Cucumber
- 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 Onions
- 2 Onions
- 4 Clove of Garlic

Grains, Beans & Legumes

- 3 Cup of Gluten Free Oatmeal
- 1 Brown Rice Tortilla Wraps
- 8 oz of Brown Rice Pasta
- 2 Cup Cooked Quinoa
- 3 Cans of Chickpeas
- 1 Can of Black Beans

Nuts & Seeds

- 1 Cup of Walnuts
- 1/2 Cup of Cashews
- 1/4 Cup of Chia Seeds

Baking Supplies

- 1 Cup of Apple Chips
- 8 Medjool Dates
- 6 Tbsp of Raw Cacao Powder
- 1 Tbsp of Maple Syrup
- 1 tsp of Vanilla Extract
- 2 tsp of Baking Powder

Condiments

- 2 1/2 Tbsp of Balsamic Vinegar
- 1 Can + 1 Cup of Coconut Milk
- 3 3/4 Cups of Almond Milk
- 2 Cans of Diced Tomatoes
- 1/2 Cup of Coconut Aminos
- 2 Tbsp of Almond Butter
- 2 Tbsp of Vegan Mayo

Extra

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

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Breakfast	Chocolate Banana Smoothie	Mexican Scramble	Chocolate Banana Smoothie	Mexican Scramble	Chocolate Banana Smoothie	Mexican Scramble	Banana Pancakes
Lunch	Quinoa Tabouleh (left overs)	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	Coconut Chia Pudding	Apple Pie Bites	Coconut Chia Pudding	Apple Pie Bites	Coconut Chia Pudding	Apple Pie Bites	Coconut Chia Pudding