



## VEGETARIAN GROCERY LIST

*Week 4*



The (mostly)  
Simple Life

Practical Ways to Improve Your Life, Home, + Budget





## GROCERY LIST - WEEK 4

### Fruits & Vegetables

- 5 Bananas
- 3 Apples
- 3 Cups of Blueberries
- 2 Avocados
- 1 Lemon
- 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
- 1 Carrot
- 2 Zucchini
- 4 Tomatoes
- 2 Leeks
- 1 Red Onion
- 2 Onions
- 7 Cloves of Garlic

### Grains, Beans & Legumes

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

### Nuts & Seeds

- 1/2 Cup + 2 Tbsp of Almonds
- 1/2 Cup of Pumpkin Seeds
- 1/4 + 2 Tbsp of Walnuts
- 2 Tbsp of Ground Flax Seeds
- 2 Tbsp of Chia Seeds
- 2 Tbsp of Pine Nuts

### Baking Supplies

- 1/2 Cup of Almond Flour
- 1 1/4 Cup of Coconut Chips
- 1/4 Cup of Maple Syrup
- 1/4 Cup of Dried Cranberries
- 2 tsp of Baking Powder

### Condiments

- 2 Cups of Marinara Sauce
- 4 Cups of Vegetable Broth
- 1 Can + 1 Cup of Coconut Milk
- 1 3/4 Cup of Almond Milk
- 4 Tbsp of Tahini

### Extra

- 3 Servings of Vanilla Protein Powder

# Week 4

<b>Breakfast</b>	Blueberry Smoothie	Apple Cinnamon Cereal	Blueberry Smoothie	Apple Cinnamon Cereal	Blueberry Smoothie	Apple Cinnamon Cereal	Banana Pancakes
<b>Lunch</b>	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)
<b>Dinner</b>	Creamy Broccoli Soup	Falafel Salad	Stuffed Sweet Potato	Black Bean Burgers	Eat Out Using the Vegetarian Guide Guidelines	Zoodles & Lentil Meatballs	Quinoa Tabouleh
<b>Snack</b>	Superfood Cookies	Easy Trail Mix	Superfood Cookies	Easy Trail Mix	Superfood Cookies	Easy Trail Mix	Superfood Cookies