

GROCERY LIST PB3 WEEK #3		Meal plan feeds ~3-4 ppl					
Vegetables/ Fresh Herbs		Fruits		Pantry Items		Spices/ Herbs/Oils*	
12 oz fresh spinach	1 medium head romaine	<i>Fresh</i>		<i>Grains</i>		Italian seasoning	Sesame oil
4 large portobello mushrooms	1 English cucumber	3 ripe bananas	4 lemons (omit 3 lemons for store bought Chimichurri sauce, Greek Dressing and Chipotle cream sauce)	2 1/2 cups GF old fashion rolled oats	8-10 oz GF spaghetti or rice noodles	Sea salt, fine	Olive oil
5 colored peppers	2 red onion (omit 1/2 onion for store bought Chimichurri sauce)			4 cups brown rice or jasmine rice, dry	8 oz GF penne pasta	Cumin	Pure vanilla
2-3 bulbs garlic	2 yellow onion	1 lime	2 avocados	8-10 corn tortillas	4-6 pieces GF bread	Paprika	Fresh ground pepper
1 bunch parsley (omit for store bought Chimichurri sauce)	2 lbs or 32 oz cherry tomatoes	2 cups green grapes	Extra fresh fruit for snacking			Garlic powder	Oregano
1 bunch basil (about 4 packed cups) (omit for store bought Pesto sauce)	1 medium zucchini			<i>Nuts/Seeds*</i>		Red chili flakes (optional)	
2-3 lbs baby potatoes	1 10 oz package mushrooms, sliced	<i>Dried</i>		3/4 cup cashews, raw (omit if nut free)	1/4 cup almonds (omit if nut free)		
1 small bunch green onions (optional)		Other dried fruit for snacking		1/4 cup pine nuts (omit if nut free)	2 Tbsp chia seeds or hemp seeds		
Canned Goods		Non-Dairy Items		Extra nuts for snacking	1 cup almond butter (sub sunflower butter for nut free)	Frozen	
2 15 oz can coconut milk, light or reduced fat	1 15oz can chickpeas	1/2 cup unsweetened Almond milk-optional	1 cup vegan mozzarella (optional)	Sesame seeds (optional) 1/2 cup sesame seeds (for nut free Pesto sauce)		12 oz peas & carrots	16 oz peppers, broccoli & onion
2 15 oz cans pineapple in 100% juice	2 15 oz can black beans			<i>Condiments</i>		16 oz vegetable blend of choice (for soup)	
1 15 oz can corn	1 15 oz can diced tomatoes, fire roasted	Misc.		<i>Sweeteners*</i>			
1 6 oz can or jar kalamatas olives	1 6 oz can chipotle peppers in Adobe sauce (omit for store bought Chipotle sauce)	1-2 cartons vegetable stock	2 Tbsp nutritional yeast (optional) 2 Tbsp nutritional yeast for nut free Pesto sauce)	4 Tbsp apple cider vinegar (omit for store bought Sweet N' Sour sauce)	1 tsp Dijon (omit for store bought Greek dressing)	<i>*Staple items that are not needed to be purchased every week and always good to have on hand</i>	
1 6 oz can tomato paste (omit for store bought Sweet N' Sour sauce)				1/2 cup Tamari or GF soy sauce (sub coconut aminos if soy free)	Sriracha (optional)	Jen Rivas	
				1/4 cup balsamic vinegar	3/4 cup Pure Maple syrup (omit 4T for store bought Sweet N' Sour sauce)	HEALTH COACH HOLISTIC NUTRITIONIST	