

GROCERY LIST PB3 WEEK #1

Meal plan feeds ~3-4 ppl

Vegetables/ Fresh Herbs

2 cups broccoli florets	1 medium zucchini
1/2 pint cherry tomatoes	1 bag spinach (7-8 cups)
3-4 large portobello mushrooms	1 butter lettuce (optional to use in place of bread)
1 bag shredded carrots	2-3 yellow onion
4 colored peppers	1-2 bunch green onions
1 English cucumber	1 bag coleslaw mix
2-3 bulbs garlic (minus 1 bulb for store bought guacamole, hummus and Thai sauce)	1" ginger root
1 bag baby carrots for snacking	1 large bunch cilantro
1 large tomato	

Canned Goods

2 15 oz can full fat coconut milk	1 15 oz can pinto beans
4 15 oz cans chickpeas (omit 1 can for store bought hummus)	2 15 oz cans black beans
1 20 oz can pineapple pieces in 100% juice	

Fruits

<i>Fresh</i>	
4 ripe bananas	2 lemons (minus 1 for store bought hummus)
5 limes (minus 1 for store bought Thai sauce)	4-5 avocados (minus 2 for store bought guacamole)
Extra fresh fruit for snacking	
<i>Dried</i>	
Dried fruit for snacking, oatmeal or granola	

Non-Dairy Items

Half gallon unsweetened Almond milk (or sub non dairy milk of choice)	Vegan butter (optional) for toast or in place of oil

Misc.

Pantry Items

<i>Grains</i>	
6 cups GF old fashion rolled oats	8-10 oz GF spaghetti or rice noodles
3-5 cups brown rice, dry	8-10 oz GF fettuccine or Lo Mein noodles
8-10 corn tortillas	1 loaf GF bread (or sub butter lettuce)
<i>Nuts & Seeds*</i>	
1 cups almond slivers (omit if nut free)	1/4 cup sunflower seeds, unsalted
1/2 cup pepitas, pumpkin seeds	1/2 cup cashews, roasted unsalted (omit if nut free)
6 Tbsp flaxseed, ground	1-2 Tbsp Tahini paste (omit for store bought hummus)
Extra nuts for snacking	1/2 cup Almond butter (omit if nut free)
2 Tbsp sesame seeds (optional)	
<i>Condiments Sweeteners*</i>	
1 Tbsp Dijon mustard	2 cup Tamari or GF soy sauce (sub coconut aminos for soy allergy)
1/3 cup Plant based or vegan mayonnaise	1/2 cup Salsa
1/2 cup Coconut sugar (omit if nut free)	3/4 cup Pure Maple syrup (minus 2 Tbsp for store bought Thai sauce)
4 small dill pickles (optional)	

Spices/ Herbs/Oils*

Cinnamon	Sesame oil
Sea salt, fine	Coconut oil
Curry powder	Olive oil (and vegetable or canola oil for nut free granola)
Cumin	Pure vanilla
Chili powder	Fresh ground pepper
Garam Masala	Garlic powder
Onion powder	Red chili flakes (optional)

Frozen

1 cup shelled edamame, frozen or fresh (sub peas for soy allergy)	4 cups berries, frozen or fresh

**Staple items that are not needed to be purchased every week and always good to have on hand*

Jen Rivas

HEALTH COACH
HOLISTIC NUTRITIONIST