GROCERY LIST PB3 WEEK #2

Meal plan feeds ~3-4 ppl

Vegetables/ Fresh Herbs

4 medium russet potatoes	7 cups cauliflower florets or 1 large head
4 medium sweet potatoes	1 8 oz. bag mixed greens
2 medium colored peppers	2 lb. bag baby carrots
2 bulbs garlic	2 yellow onions
1 bunch parsley	1" ginger root (omit for store bought Curry sauce)
1 bunch cilantro	1 bunch green onions
	1 6 oz. bag spinach

Canned Goods

1 15 oz can full fat coconut milk + more for coffee (omit 1 can for store bought Curry sauce)	1 15 oz. can tomato sauce (omit for store bought Enchilada sauce)
1 15 oz cans chickpeas	2 15 oz cans black beans
2 15 oz can corn	1 15 oz can kidney beans
3 15 oz cans diced tomatoes	1 6 oz can tomato paste (omit for store bought Curry sauce)

Fruits

Fresh	
4 ripe bananas	2 lemons (omit 1 lemon for store bought Lemon-Sesame sauce)
3 limes	3 avocados
1 green apple	Extra fresh fruit for snacking
Dried	
2 Tbsp dried cranberries	Other dried fruit for snacking

Non-Dairy Items

Half gallon unsweetened Almond milk (or sub non dairy milk of choice)	

Misc.

2 32 oz. cartons vegetable stock	6 Tbsp nutritional yeast (omit 2 Tbsp for store bought Alfredo sauce)

Pantry Items

Grains	
3 cups GF old fashion rolled oats	8-10 oz GF spaghetti or rice noodles
2 cups brown rice or jasmine rice, dry	8-10 oz GF fettuccine or Linguine noodles
1 1/2 cups lentils, dry	1 cup quinoa, dry
2 cups chickpea or garbanzo bean flour	4-6 pieces GF bread (sub butter lettuce wraps or corn tortillas if desired)
Nuts/Seeds*	
1 1/2 cups cashews, raw (omit if nut free or for store bought Alfredo sauce)	3 Tbsp sesame seeds
3/4 cup pecans (sub sunflower seeds)	6 Tbsp chia seeds
Extra nuts for snacking (omit if nut free)	4 Tbsp Almond butter (sub sunflower butter if nut free)
Condiments Sweeteners*	
1 tsp Dijon mustard (omit for store bought vinaigrette)	2 Tbsp Tamari or GF soy sauce (sub coconut aminos for soy free)
1/3 cup Balsamic Vinegar (omit for store bought vinaigrette)	1 cup Salsa
1/2 cup Pure Maple syrup	

Spices/Herbs/ Oils*

Cinnamon	Sesame oil (omit for store bought Lemon-Sesame sauce)
Sea salt, fine	Olive oil
Curry powder (omit for store bought Curry sauce)	Pure vanilla
Cumin	Fresh ground pepper
Chili powder	Onion powder
Paprika	Oregano
Garlic powder	Coriander
Red Chili Flakes (optional)	Baking powder

Frozen

2 cups frozen or fresh peas	1 1/4 cups berries, frozen or fresh
3 cups frozen peppers, corn & onion blend	12 oz. bag frozen spinach

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

Jen Rivas
HEALTH COACH
HOLISTIC NUTRITIONIST

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