SHOPPING LIST WEEK 2

REAL SCHOOL'S HEALTHY, HAPPY & FIT VEGETARIAN PROGRAM

FRUITS	VEGETABLES	FRESH HERBS	SEEDS & NUTS	SPICES
Lemons Limes Banana Apples Cherry tomatoes Cucumbers Avocados Red bell peppers Tomatoes Dried currants Dried cranberries	Spinach Kale Carrots Yellow onion Broccoli Red onions Zucchini Fennel Beets Asparagus Sprouts (any kind) Scallions	Ginger root Thyme Raw garlic cloves Fresh cilantro	Pumpkin seeds Sunflower seeds Hemp seeds Chia seeds Flax seed meal Almonds Pine nuts Nut & Seed Butters Sunflower seed butter	Cinnamon Baking powder Baking soda Cumin seed Italian seasoning Red pepper flakes Ground cumin Sea salt Ground black pepper Cardamom powder Ground ginger Alcohol-free vanilla extract Cayenne pepper Ground mustard seed Ground turmeric Garlic powder

*** Does not include ingredients from any recipes not found on your meal planner

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SHOPPING LIST WEEK 2

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CONDIMENTS	BEANS & GRAINS	REFRIDGERATED	FROZEN	MISCELLANEOUS
Raw honey Minced garlic Extra virgin coconut oil Extra virgin olive oil Raw apple cider vinegar Vegetable broth Coconut milk Thai red curry paste Tomato sauce Flax oil Nutritional yeast Chili oil drops Black olives Sundried tomatoes Coconut nectar	BEANS Black beans Chickpeas/garbanzo beans GRAINS Quinoa Sweet rice flour Gluten-free oatmeal Gluten-free macaroni pasta Gluten-free flour Brown rice flour	Eggs Vanilla coconut yogurt Non-dairy milk (almond, coconut, or hemp)	Frozen corn kernels Frozen blueberries	Liquid stevia Goji berries Coconut flakes Gluten-free granola

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