

SHOPPING LIST WEEK 3

REAL SCHOOL'S BE HEALTHY, HAPPY & FIT VEGETARIAN PROGRAM

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

FRUITS	VEGETABLES	FRESH HERBS	SEEDS & NUTS	SPICES
Lemons Banana Limes Granny Smith apples Apples Cherry tomatoes Papaya Avocados Red bell peppers Tomatoes Roma tomatoes Oranges Dried currants Raisins	Spinach Kale Arugula Carrots Yellow onion Broccoli Red onions Celery Beets Mushrooms Romaine lettuce Napa cabbage Purple cabbage Sprouts (any kind) Mixed greens Jicama Green chile Scallions	Ginger root Rosemary Raw garlic cloves Fresh parsley	Pumpkin seeds Flax seed meal Almonds Walnuts	Cinnamon Baking powder Baking soda Cumin seed Chili powder Paprika Red pepper flakes Ground cumin Sea salt Ground black pepper Ground ginger Cayenne pepper Ground turmeric Garlic powder

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CONDIMENTS	BEANS & GRAINS	FROZEN	MISCELLANEOUS
Raw honey Extra virgin coconut oil Extra virgin olive oil Raw apple cider vinegar Vegetable broth Coconut milk Nutritional yeast Chili oil drops Rice vinegar Balsamic vinegar Dijon mustard Brown mustard Bragg's liquid amino acids Salsa	BEANS Lentils Cannellini beans GRAINS Quinoa Brown rice Sweet rice flour Brown rice flour Gluten-free oatmeal Gluten-free spaghetti or linguine Gluten-free flour Refrigerated Eggs Miso paste Tempeh Sauerkraut Kimchi Non-dairy milk (almond, coconut, or hemp)	Frozen corn kernels Frozen pineapple chunks	Liquid stevia Canned pumpkin Shredded coconut Almond flour Coconut sugar Raw cacao powder Raw cacao nibs