

SHOPPING LIST WEEK 4

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 Green apples Cherry tomatoes Cucumbers Avocados Red bell peppers Tomatoes Roma tomato Dried currants Raisins Oranges	Spinach Kale Watercress Mixed greens Carrots Yellow onion Broccoli Red onions Zucchini Mushrooms Shallots Butternut squash	Raw garlic cloves Fresh parsley Mint leaves	Pumpkin seeds Chia seeds Flax seed meal Walnuts Nut & Seed Butters Sunflower seed butter Almond butter Tahini	Cinnamon Ground cloves Ground cumin Sea salt Ground black pepper Garlic powder Cardamom powder Ground ginger Alcohol-free vanilla extract Cayenne pepper Ground mustard seed Smoked paprika Ground turmeric

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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 Nutritional yeast Black olives Coconut nectar Brown mustard Dijon mustard Rice vinegar Balsamic vinegar Salsa	BEANS Lentils Chickpeas or garbanzo beans GRAINS Quinoa Brown rice Gluten-free oatmeal Gluten-free macaroni pasta Sweet rice flour Gluten-free spaghetti or linguine	Eggs Vanilla coconut yogurt Non-dairy milk (almond, coconut, or hemp) Sauerkraut Kimchi Miso paste	Frozen blueberries	Liquid stevia Goji berries Protein powder Gluten-free granola