

SHOPPING LIST WEEK 1

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 Limes Banana Granny Smith apple Cherry tomatoes Cucumbers Avocados Red bell peppers Roma tomato Tomatoes	Baby spinach Kale Green cabbage Chinese cabbage Carrots Sweet onion Yellow onion Shallots Broccoli Red onions Zucchini Celery Sprouts (any kind) Mung bean sprouts Snap peas Mushrooms Baby bella mushrooms Radishes Butternut squash Jalapeño pepper Asparagus	Ginger root Mint leaves Fresh parsley Raw garlic cloves Basil leaves Fresh cilantro	Pumpkin seeds Sunflower seeds Hemp seeds Chia seeds Flax seed meal Sesame seeds Nut & Seed Butters Almond butter Sunflower seed butter	Cinnamon Smoked paprika Ground cumin Sea salt Ground black pepper Dried oregano Alcohol-free vanilla extract Chili powder Curry powder Cayenne pepper Dried coriander Ground mustard seed Ground turmeric Ground ginger Dried thyme

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CONDIMENTS	BEANS	REFRIDGERATED	FROZEN	MISCELLANEOUS
Raw honey Minced garlic Extra virgin Coconut oil Extra virgin olive oil Raw apple cider vinegar Dijon mustard Bragg's liquid amino acids Vegetable broth Coconut milk Thai red curry paste Salsa	Lentils Grains Quinoa Brown rice Gluten-free spaghetti or linguine	Coconut water Vanilla coconut yogurt Tofu Sauerkraut Kimchi Non-dairy milk (almond, coconut, or hemp) Tempeh	Frozen pineapple chunks Frozen blueberries Frozen mixed berries	Liquid stevia Goji berries Coconut sugar Gluten-free granola