

Grocery List

Weekly Purchases

- Bananas
- Spinach
- Bell peppers
- Sweet potato
- Onion
- Frozen fruit
- Frozen vegetables
- Vegan cheese
- Veggie burgers
- Almond milk
- Canned coconut milk
- Canned tomatoes
- Canned lentils
- Pasta
- Salsa
- Vegan butter

Bulk Items (buy every few weeks/occasionally)

- All-purpose flour
- Cocoa powder (unsweetened)
- Chia seeds
- Ground flax seeds
- Nutritional yeast
- Nuts
- Oats
- Rice & quinoa
- Vanilla extract
- Almond butter
- Coconut oil
- Olive oil
- Maple syrup
- Soy sauce or tamari
- Tahini
- Spices