

GROCERIES

- ☐ **Plant-based milk** 2 ½ cups [C,F,C2,F2,C3]
Oat, soy, etc.

- ☐ **Extra-firm tofu** 1 pound [A]

Bakery

- ☐ **Whole Grain Bread** [G,G2]
- ☐ **Whole wheat pita bread** [K] *or other crust*
- ☐ **Bun** 1 [H] *if desired*
- ☐ **Corn tortilla** [J] *or Whole wheat, optional*

Baking

- ☐ **Apple cider vinegar** 1 teaspoon [K]
- ☐ **Chia seeds** 4 teaspoons [F,F2]
- ☐ **Cinammon** 1 ½ teaspoons [L]
- ☐ **Unsweetened cocoa powder** 2 tablespoons [F,F2]
- ☐ **Ground flax seeds** 2 tablespoons [L]
- ☐ **Maple syrup** ⅝ cup [C,F,C2,F2,C3,L]
optional
- ☐ **Oat flour** 2 tablespoons [L]
- ☐ **Baking powder** ¼ teaspoon [L]

Canned Goods

- ☐ **Applesauce** ¼ cup [L]
- ☐ **15-oz can black beans** 3 [J] *drained and rinsed*
- ☐ **White beans** 1 can [K] *(cannellini, etc)*
- ☐ **Red lentils** 1 cup [M]
- ☐ **Sliced olives** [K]

Canned Goods (Cont...)

- ☐ **Roasted red pepper** 1 tablespoon [H]
diced, optional
- ☐ **Salsa** 2 cups [E]
- ☐ **Diced tomatoes** 1 can [K] *(fire roasted, if desired)*
- ☐ **28-oz can diced tomatoes with their juices** 1 [J]

Condiments

- ☐ **Balsamic vinegar** 1 tablespoon [H]
- ☐ **Hummus or Mustard** [G,G2]
- ☐ **Soy sauce** 1 tablespoon [A]

Dry Goods

- ☐ **Dried cranberries or raisins** ¼ cup [L]
- ☐ **Rolled Oats** 3 cups [L]
- ☐ **Peanut butter** ⅔ cup [F,F2,L] *(or almond butter, or another nut-butter alternative)*
- ☐ **Uncooked quinoa** ¼ cup [B]
- ☐ **Brown rice** 1 cup [I,I2]
- ☐ **Nutritional yeast** ¼ cup [A,K]

Frozen

- ☐ **Frozen corn kernels** 2 cups [E] *thawed*
- ☐ **Edamame** 1 cup [I,I2]

Produce

- ☐ **Alfalfa Sprouts** [G,G2]
- ☐ **Apple** 3 [C,C2,C3] *chopped or diced*

GROCERIES (CONT...)

Produce (Cont...)

- ☐ **Avocado** [G,G2]
- ☐ **Broccoli** 4 cups [I,I2]
- ☐ **Shredded carrots** [G,G2]
- ☐ **Sliced Cucumber** [G,G2]
- ☐ **Minced garlic** 1 tablespoon [A,H,J] *optional*
- ☐ **Chopped kale** 3 cups [J] *or spinach, optional*
- ☐ **Leafy Greens** [E,G,G2] (*romaine, kale, spinach, etc.*) + *finely chopped*
- ☐ **Sliced mushrooms** [K]
- ☐ **Red onion** 1 [J] *diced*
- ☐ **Sweet onion** 3 [B,M] *diced + chopped*
- ☐ **Orange bell pepper** 1 [J] *diced*
- ☐ **Parsley (flat or curley)** 1 bunch
- ☐ **Red bell pepper** 3 [J] *diced*
- ☐ **Pineapple** 1 cup [I,I2] (*fresh or canned*) *optional*
- ☐ **Portobello mushroom** 1 [H]
- ☐ **Sweet potato** 4 [E] *whole*
- ☐ **Romaine lettuce** [J] *optional*
- ☐ **Snap peas**
- ☐ **Chopped fresh spinach** 2 handfuls [A] *optional*
- ☐ **Tomato** [G,G2]
- ☐ **Chopped veggies (squash, peppers, mushrooms, etc.)** 2 cups [A]
- ☐ **Other veggies** [K] *as desired*
- ☐ **Zucchini** 2 large [M] *cubed*

Spices

- ☐ **Basil** 1 teaspoon [A,B] *optional*
- ☐ **Chili powder** 1 tablespoon [J]
- ☐ **Cinnamon** 1 tablespoon [C,C2,C3]
- ☐ **Ground cumin** 1 teaspoon [J]
- ☐ **Curry powder** 2 tablespoons [M]
- ☐ **Dill** [G,G2]
- ☐ **Garlic powder** 1 teaspoon [K]
- ☐ **Oregano** 1 ½ teaspoons [B,K]
- ☐ **Smoked sweet paprika** 1 teaspoon [J] (*or 1/2 t. Regular paprika*)
- ☐ **Dried parsley flakes** 1 teaspoon [A] *optional*
- ☐ **Black pepper** ⅛ teaspoon [B]
- ☐ **Sea Salt** [G,G2]
- ☐ **Italian seasoning** [K] *optional*
- ☐ **Turmeric** ½ teaspoon [A] *optional*

RECIPE KEY

Sunday, Oct 31**[A]** Tofu Scramble**[B]** Veggie Quinoa**Monday, Nov 1****[C]** Apple Cinnamon Overnight Oats**[D]** Leftovers**[E]** Stuffed Sweet Potato**Tuesday, Nov 2****[F]** Chocolate Peanut Butter Overnight Oats**[G]** Veggie Powerhouse Sandwich**[H]** Portabella Mushroom Burger**Wednesday, Nov 3****[C²]** Apple Cinnamon Overnight Oats**[I]** Grain, Bean, and Green**[J]** Tex Mex Bowl**Thursday, Nov 4****[F²]** Chocolate Peanut Butter Overnight Oats**[D²]** Leftovers**[K]** Pizza Plus**Friday, Nov 5****[C³]** Apple Cinnamon Overnight Oats**[G²]** Veggie Powerhouse Sandwich**[I²]** Grain, Bean, and Green**Saturday, Nov 6****[L]** Breakfast Cookies**[M]** Vegetable Dal