
Grocery List: Week 3

VEGETABLES

| | |
|---|------------|
| <input type="checkbox"/> Avocado | 2 |
| <input type="checkbox"/> Bell pepper | 1 1/2 |
| <input type="checkbox"/> Cabbage | 1 cup |
| <input type="checkbox"/> Celery | 1/2 cup |
| <input type="checkbox"/> Chard | 2 cups |
| <input type="checkbox"/> Diced tomatoes | 1 28oz can |
| <input type="checkbox"/> Green onion | 5 |
| <input type="checkbox"/> Kale | 5 cups |
| <input type="checkbox"/> Lettuce | 2 cups |
| <input type="checkbox"/> Onion | 1 |
| <input type="checkbox"/> Snow peas | 1 cup |
| <input type="checkbox"/> Tomatoes | 1 |

FRUIT

| | |
|--|---------|
| <input type="checkbox"/> Banana | 1 |
| <input type="checkbox"/> Dates | 1/2 cup |
| <input type="checkbox"/> Lemon | 1/4 |
| <input type="checkbox"/> Medjool dates | 1/2 cup |
| <input type="checkbox"/> Orange | 2 |
| <input type="checkbox"/> Raisins | 1/2 cup |

FRESH HERBS & SPICES

| | |
|---|----------|
| <input type="checkbox"/> Fresh cilantro | 2 tbsps |
| <input type="checkbox"/> Fresh garlic | 1 clove |
| <input type="checkbox"/> Fresh garlic | 2 cloves |
| <input type="checkbox"/> Fresh ginger | 2 tbsps |
| <input type="checkbox"/> Fresh parsley | 2 tbsps |

GRAINS

| | |
|--|----------|
| <input type="checkbox"/> Cooked brown rice | 1 cup |
| <input type="checkbox"/> Whole grain bread | 8 slices |

BEANS AND LEGUMES

| | |
|---|------------|
| <input type="checkbox"/> Black beans | 1 14oz can |
| <input type="checkbox"/> Blackeyed peas | 1 14oz can |
| <input type="checkbox"/> Chickpeas | 1 14oz can |
| <input type="checkbox"/> Lentils | 3/4 cup |

NUTS & SEEDS

| | |
|--|---------|
| <input type="checkbox"/> Flaxseed | 2 tbsps |
| <input type="checkbox"/> Nut/seed butter | 1/3 cup |
| <input type="checkbox"/> Peanut butter | 1/2 cup |
| <input type="checkbox"/> Sesame seeds | 2 tbsps |
| <input type="checkbox"/> Tahini | 2 tbsps |
| <input type="checkbox"/> Walnuts | 4 tbsps |

OILS, VINEGARS & CONDIMENTS

| | |
|--|---------|
| <input type="checkbox"/> Non-dairy milk | 1/2 cup |
| <input type="checkbox"/> Apple cider vinegar | 4 tbsps |
| <input type="checkbox"/> Dijon mustard | 1 tsp |
| <input type="checkbox"/> Olive oil | 2 tbsps |
| <input type="checkbox"/> Toasted sesame oil | 1 tsp |
| <input type="checkbox"/> Tomato paste | 4 tbsps |

SPICES & SEASONINGS

| | |
|--|---------|
| <input type="checkbox"/> Chili powder | 1 tbsp |
| <input type="checkbox"/> Cinnamon | 1 tsp |
| <input type="checkbox"/> Dill | 1/2 tsp |
| <input type="checkbox"/> Nutritional yeast | 1 tbsp |
| <input type="checkbox"/> Onion powder | 1 tsp |
| <input type="checkbox"/> Paprika | 1 tsp |
| <input type="checkbox"/> Sea salt | pinch |

BAKING NEEDS

| | |
|--|---------|
| <input type="checkbox"/> Baking powder | 1 tsp |
| <input type="checkbox"/> Baking soda | 1/2 tsp |
| <input type="checkbox"/> Cocoa powder | 1 cup |
| <input type="checkbox"/> Vanilla extract | 1 tsp |
| <input type="checkbox"/> Whole grain flour | 1 cup |

SPECIALTY

| | |
|---|---------|
| <input type="checkbox"/> Nori | 1 tbsp |
| <input type="checkbox"/> Protein powder | 4 tbsps |

Note: Quantities are for varying servings for each recipe this week