



VEGAN PLAN

SHOPPING LIST

- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Paprika
- ☐ Salt & Pepper
- ☐ Olive Oil
- ☐ 2 cloves Garlic
- ☐ Curry Powder
- ☐ 1½ cup Kale
- ☐ 1 cup Spinach
- ☐ 2 tbsp Cilantro
- ☐ 4 Basil Leaves
- ☐ ¼ cup Green Onion
- ☐ 1½ cups Cauliflower Florets
- ☐ 2 Carrots
- ☐ 1 Sweet Potato
- ☐ 2 Potatoes
- ☐ 2 Avocados
- ☐ 1 cup Squash
- ☐ ½ Cucumber
- ☐ 2 Red Peppers
- ☐ 1 piece Coconut Meat
- ☐ 1 Banana
- ☐ ½ cup Blueberries
- ☐ 1 cup Strawberries
- ☐ 2½ cups Grapes
- ☐ ½ Lime
- ☐ 4 oz Tofu
- ☐ ¾ cup Soy Sauce
- ☐ Vegan Dressing*
- ☐ Pete's Market Homemade Guacamole
- ☐ ¼ cup Pete's Market Hummus
- ☐ 1 can of Dolma
- ☐ Kite Hill Non-Dairy Tortellini*
- ☐ 5 oz Rice Noodles
- ☐ ½ cup Quinoa, raw
- ☐ 1 can Black Beans
- ☐ ½ can Chickpeas
- ☐ ¼ cup Pecans
- ☐ 2 tbsp Chia Seeds
- ☐ 2 tbsp Almond Butter
- ☐ 10 oz Coconut Water
- ☐ 1 Clif or Kind Bar
- ☐ Baked Veggie Chips
- ☐ Tortilla Chips
- ☐ ½ cup Califia Farms Almond Milk
- ☐ 1 cup Daiya Dairy-Free Yogurt*
- ☐ Any of Amy's Vegan Frozen Dinners
- ☐ Any Vegan Pizza

*Visit the Vegan section at any Pete's Market