

Week 1, Grocery List

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Check what you have in your pantry, fridge and freezer. You may have goods from last week.
Most vegetables are interchangeable in the recipes. Buy your favorites in similar quantities if desired.

Fruits:

- 3 lemons, 2 limes
- 3 medium tomatoes
- 1 fresh pineapple or 1 bag of frozen pineapple chunks
- 3 avocados
- ¼ pound of dried figs
- ¼ pound of unsweetened dried cherries
- ½ pound of unsweetened dried cranberries
- ½ pound of unsweetened dried apricots
- 4 dry red chilies (may buy fresh and let sit for a week to dry)
- 2 jalapeño peppers
- 4 bell peppers (red, yellow or orange)
- 1 bag of frozen blueberries
- 1 bag of frozen mango
- 1 melon of choice
- 1 cup of mixed frozen berries
- 4 bananas
- 4 peaches
- 3 nectarines

Vegetables:

- 3 white onions
- 3 red onions
- 2 heads of cauliflower
- 16 medium to large mushroom caps
- 4 medium zucchini
- 2 large portabella mushrooms
- 2 bags of frozen vegetables 16oz each
- 1 bag of frozen corn or 2-4 cobs of corn
- 1 bag of frozen roasted red peppers
- 1 bunch of kale
- 3 cups of baby spinach
- Capers
- 1 bunch of turnips
- 1 bag of frozen asparagus
- 1 head of lettuce
- 1 stalk of celery
- 1 bunch or bag of carrots

Fresh herbs:

- 2 bunches of cilantro, 2 bunches of basil, 1 bunch of green onions

Ginger, garlic: (freeze the extra)

- 2 heads of garlic
- 6 inches of ginger

Beans/Grains/Pasta: (these are dry shelf-safe products, so buy extra if you like)

- 3 pounds of brown lentils
- 4 cans of chickpeas or 3 dry pounds
- 1 can of kidney beans, or 1 dry pound
- 3 pounds of brown rice
- 6 pounds of black beans
- 4 pounds of quinoa
- 4 ounces of gluten-free pasta

Nuts/Seeds: (refrigerate these)

- ¼ pound of sunflower seeds
- ¼ pound of pumpkin seeds
- ¼ pound of chia seeds
- ¼ pound of almonds
- ¼ pound of cashews
- ¼ pound of brazil nuts
- ¼ pound of walnuts
- ¼ pound of macadamia nuts

Oils:

- 1 container of flax seed oil, 1 container of sesame seed oil
- 1 container of coconut oil, 1 small container of canola oil

Other:

- Ketchup
- Mustard
- Tamari
- Hummus
- Salsa
- 1 container of plain soy, almond or coconut yogurt
- 1 jar of vegan mayo
- 1 loaf of bread by Anna or gluten-free bread
- 1 package of organic tofu
- 1 can of coconut milk
- 1 container of organic vegetable broth (the kind that comes in aseptic container)
- 1 package of Thai kitchen red curry paste
- 2 half gallon containers of almond milk
- 1 half gallon container of rice milk and/or soy milk
- 1 container of maca powder

Spices: (if you don't already own them)

Coriander powder, turmeric, cumin, garam masala, basil, paprika powder, garlic powder, black pepper, red pepper flakes, curry powder, Mrs. Dash grilling seasoning, cardamom

Tip from Deepa:

As a daily measure to meet your requirements for niacin (a form of vitamin B), sprinkle one to two teaspoons of nutritional yeast in one meal daily. You may also use marmite paste.