



week 1

VEGETARIAN
SHOPPING LIST

*transformation
guide*

VEGETARIAN PROGRAM

SHOPPING LIST WEEK 1

FRUITS

- Lemons
- Limes
- Banana
- Granny Smith apple
- Cherry tomatoes
- Cucumbers
- Avocados
- Red bell peppers
- Roma tomato
- Tomatoes

VEGETABLES

- Baby spinach
- Kale
- Green cabbage
- Chinese cabbage
- Carrots
- Sweet onion
- Yellow onion
- Shallots
- Broccoli
- Red onions
- Zucchini
- Celery
- Sprouts (any kind)
- Mung bean sprouts
- Snap peas
- Mushrooms
- Baby bella mushrooms
- Radishes
- Butternut squash
- Jalapeño pepper

Asparagus

NUTS & SEEDS

- Pumpkin seeds
- Sunflower seeds
- Hemp seeds
- Chia seeds
- Flax seed meal
- Sesame seeds
- Almond butter
- Sunflower seed butter

FROZEN

- Frozen pineapple chunks
- Frozen blueberries
- Frozen mixed berries

CONDIMENTS

- Raw honey
- Minced garlic
- Extra virgin coconut oil
- Extra virgin olive oil
- Raw apple cider vinegar
- Dijon mustard

Bragg's liquid amino acids
Vegetable broth
Coconut milk
Thai red curry paste
Salsa

MISCELLANEOUS

Coconut water
Vanilla coconut yogurt
Tofu
Sauerkraut
Kimchi
Non-dairy milk (almond, coconut, or hemp)
Tempeh

BEANS & GRAINS

Lentils
Grains
Quinoa
Brown rice
Gluten-free spaghetti or linguine

NOTES/EXTRAS

HERBS/SPICES

Ginger root
Mint leaves
Fresh parsley
Raw garlic cloves
Basil leaves
Fresh cilantro
Cinnamon
Smoked paprika
Ground cumin
Sea salt
Ground black pepper
Dried oregano
Alcohol-free vanilla extract
Chili powder
Curry powder
Cayenne pepper
Dried coriander
Ground mustard seed
Ground turmeric
Ground ginger
Dried thyme