



week 2

VEGETARIAN
SHOPPING LIST

*transformation
guide*

VEGETARIAN PROGRAM

SHOPPING LIST WEEK 2

FRUITS

- Lemons
- Banana
- Green apples
- Cherry tomatoes
- Cucumbers
- Avocados
- Red bell peppers
- Tomatoes
- Roma tomato
- Dried currants
- Raisins
- Oranges

VEGETABLES

- Spinach
- Kale
- Watercress
- Mixed greens
- Carrots
- Yellow onion
- Broccoli
- Red onions
- Zucchini
- Mushrooms
- Shallots
- Butternut squash

NUTS & SEEDS

- Pumpkin seeds
- Chia seeds
- Flax seed meal
- Walnuts
- Sunflower seed butter
- Almond butter
- Tahini

FROZEN

- Frozen corn kernels
- Frozen blueberries

CONDIMENTS

- Raw honey
- Minced garlic
- Extra virgin coconut oil
- Extra virgin olive oil
- Raw apple cider vinegar
- Vegetable broth
- Coconut milk
- Thai red curry paste
- Tomato sauce
- Flax oil
- Nutritional yeast
- Chili oil drops
- Black olives
- Sundried tomatoes
- Coconut nectar

MISCELLANEOUS

Eggs
Vanilla coconut yogurt
Non-dairy milk (almond, coconut, or hemp)

BEANS & GRAINS

Black beans
Chickpeas/garbanzo beans
Quinoa
Sweet rice flour
Gluten-free oatmeal
Gluten-free macaroni pasta
Gluten-free flour
Brown rice flour

NOTES/EXTRAS

HERBS/SPICES

Raw garlic cloves
Fresh parsley
Mint leaves
Cinnamon
Ground cloves
Ground cumin
Sea salt
Ground black pepper
Garlic powder
Cardamom powder
Ground ginger
Alcohol-free vanilla extract
Cayenne pepper
Ground mustard seed
Smoked paprika
Ground turmeric