



week 3

*VEGETARIAN
SHOPPING LIST*

*transformation
guide*

VEGETARIAN PROGRAM

SHOPPING LIST WEEK 3

FRUITS

- Lemons
- Banana
- Limes
- Granny Smith apples
- Apples
- Cherry tomatoes
- Papaya
- Avocados
- Red bell peppers
- Tomatoes
- Roma tomatoes
- Oranges
- Dried currants
- Raisins

VEGETABLES

- Spinach
- Kale
- Arugula
- Carrots
- Yellow onion
- Broccoli
- Red onions
- Celery
- Beets
- Mushrooms
- Romaine lettuce
- Napa cabbage
- Purple cabbage
- Sprouts (any kind)
- Mixed greens
- Jicama

- Green chile
- Scallions

NUTS & SEEDS

- Pumpkin seeds
- Flax seed meal
- Almonds
- Walnuts

FROZEN

- Frozen corn kernels
- Frozen pineapple chunks

CONDIMENTS

- Raw honey
- Extra virgin coconut oil
- Extra virgin olive oil
- Raw apple cider vinegar
- Vegetable broth
- Coconut milk
- Nutritional yeast
- Chili oil drops
- Rice vinegar

Balsamic vinegar
Dijon mustard
Brown mustard
Bragg's liquid amino acids
Salsa

MISCELLANEOUS

Liquid stevia
Canned pumpkin
Shredded coconut
Almond flour
Coconut sugar
Raw cacao powder
Raw cacao nibs

BEANS & GRAINS

Lentils
Cannellini beans
Quinoa
Brown rice
Sweet rice flour
Brown rice flour
Gluten-free oatmeal
Gluten-free spaghetti or linguine
Gluten-free flour

NOTES/EXTRAS

HERBS/SPICES

Ginger root
Rosemary
Raw garlic cloves
Fresh parsley
Cinnamon
Baking powder
Baking soda
Cumin seed
Chili powder
Paprika
Red pepper flakes
Ground cumin
Sea salt
Ground black pepper
Ground ginger
Cayenne pepper
Ground turmeric
Garlic powder