

YOUR COOK-ONCE SHOPPING LIST

PROTEINS & DAIRY ALTERNATIVES

- 1 14-oz pkg organic firm tofu
- 1 8-oz container plain unsweetened almond milk
- 1 8-oz container plain unsweetened dairy or non-dairy yogurt, optional

VEGGIES & FRUITS

- 5 small beets
- 1 butternut squash
- 1 red cabbage
- 8 oz carrots
- 2 green chiles
- 3 heads garlic
- 2 lemons
- 2 limes
- 2 yellow onions
- 1 bunch green onions
- 9 oz mixed mushrooms (portobello, stemmed shiitake or cremini)
- 18 oz shiitake mushrooms
- 1 small bunch fresh basil
- 1 bunch fresh cilantro
- ¼ bunch fresh parsley
- 1 1-inch piece fresh ginger
- 1 pint fresh raspberries, optional
- 1 container lettuce of your choice, optional
- 1 bunch spinach, optional

WHOLE GRAINS

- 1 bag whole spelt flour
- 1 1-lb pkg whole-grain, gluten-free elbow macaroni
- 1 16-oz pkg dry brown rice vermicelli noodles
- 1 pkg whole-wheat naan, optional
- 1 box brown rice, optional
- 1 whole-grain roti, optional
- 1 whole-grain baguette, optional

NUTS, SEEDS & OILS

- 1 bottle extra-virgin olive oil
- 1 bottle grape seed oil
- 1 container coconut oil
- 1 bag unsalted chopped walnuts
- 5 oz raw unsalted cashews
- 1 bag ground flaxseeds
- 1 bag cumin seeds

EXTRAS

- 1 bag blanched almond flour
- 1 bottle ground black pepper
- 1 bottle fine sea salt
- 1 bottle coarse sea salt
- 1 bottle reduced-sodium soy sauce
- 1 jar pure maple syrup
- 1 bottle onion powder
- 1 bottle garlic powder
- 1 bottle red pepper flakes
- 1 bottle ground cinnamon

- 1 bottle ground ginger
- 1 container unsweetened cocoa powder
- 1 box baking soda
- 1 bottle all-natural hot sauce
- 1 24-oz container low-sodium vegetable broth
- 1 bottle garam masala
- 1 bottle paprika
- 1 bottle smoked paprika
- 2 13.5-oz cans full-fat coconut milk
- 1 bottle ground coriander
- 1 bottle ground cumin
- 1 bottle ground turmeric
- 2 cans BPA-free unsalted diced tomatoes
- 1 jar Dijon mustard
- 1 bottle nutritional yeast
- 1 bag brown lentils
- 21 oz dry chickpeas or 5 15-oz cans BPA-free canned unsalted chickpeas
- 1 pkg pitted dates
- 1 bottle ground cayenne pepper
- 1 bottle dried basil
- 1 bottle pure vanilla extract
- 1 bottle apple cider vinegar
- 1 BPA-free can low-sodium vegetable soup, or homemade vegetable soup, optional
- 1 jar marinara sauce, optional