

SHOPPING LIST

WHAT I NEED TO MAKE AHEAD OF TIME

Fruit Rollups | Banana Chips | Salad Dressings

FRESH ITEMS

IT IS BEST TO PURCHASE ORGANIC WHEN POSSIBLE

FRUITS

- ☐ 14 medium tomatoes
- ☐ 2 red peppers
- ☐ 1 cup grapes
- ☐ 6 avocados
- ☐ 3 lemons
- ☐ 1 jalapeno
- ☐ 8 oranges
- ☐ 3 apples
- ☐ 6 mangoes
- ☐ 20 bananas
- ☐ 2 pineapples
- ☐ 4 kiwis

VEGETABLES

- ☐ 1 sweet potato
- ☐ 5 carrots
- ☐ 5 stalks celery
- ☐ 2 yellow onions
- ☐ 1 garlic bulb
- ☐ 2 lbs spinach
- ☐ 2 lbs Kale
- ☐ 2 bunches cilantro
- ☐ 1 shallot
- ☐ 2 heads romaine lettuce
- ☐ 1 pound broccoli
- ☐ 3 beets

HERBS

- ☐ 4 bay leaves
- ☐ 8 basil leaves



BULK ITEMS

(THESE ITEMS ARE NON-PERISHABLE, SO THEY CAN BE BOUGHT IN LARGER QUANTITIES THAN LISTED)

NUTS (RAW, UNSALTED)

- ☐ 1/2 cup crushed pecans
- ☐ 1-1/3 cup raw almonds
- ☐ 1 cup raw walnuts

SPICES (WITHOUT CHEMICALS OR CAKING AGENTS)

- ☐ Himalayan Sea salt
- ☐ Black Pepper
- ☐ Allspice
- ☐ Paprika

PACKAGED

- ☐ 1 bottle Olive Oil
- ☐ 1 bottle red wine vinegar
- ☐ 1 bottle grade A maple syrup
- ☐ 1 jar dijon mustard
- ☐ 1 bottle Vegan Worcestershire Sauce
- ☐ 1 bottle Hot Sauce
- ☐ 3 boxes organic vegetable broth (32oz ea)

COOKED FOODS

(WE ADVISE YOU PURCHASE THESE INGREDIENTS DRY AND COOK THEM YOURSELVES AHEAD OF TIME. PREPACKAGED OR CANNED FOODS CAN CONTAIN PRESERVATIVES AND CHEMICALS)

- ☐ 3-1/2 cups cooked Navy Beans (roughly 1-1/2 cup dry)
- ☐ 2 cups quinoa (roughly 2/3 cup dry)
- ☐ 4 cups cooked chickpeas (roughly 1-1/2 cup dry)
- ☐ 8 cups cooked brown rice (roughly 2 cups dry)