

S U M M E R

Slay

WEEK 2 GROCERY LIST (VEGETARIAN)

PRODUCE

Baby Spinach
2 Bananas
2 Zucchini
1-lb Carrots
Onion
Red Bell Pepper
1 Bunch of Kale
1 Bunch of Romaine Lettuce
Parsley
Garlic
3 Lemons
1 Lime
Frozen Pineapple
Fresh Ginger
Sun Dried Tomatoes
Collard Leaves
Asparagus
2 Zucchini
Red Cabbage
Avocado
Micro Greens
Arugula
2 Peaches
Cauliflower Rice
Frozen Mixed Vegetables
Green Onion

PROTEIN & DAIRY

Cooked Lentils
Unsweetened Milk of Choice
Eggs
Vanilla Protein Powder OR
Yogurt of Choice
Ricotta Cheese
Parmesan Cheese

GRAINS & NUTS

Quinoa
Almond Butter
Pecans
Quick-Cooking Steel Cut
Oats
Rolled Oats
1/2 Cup Cashews
Almond Meal
GF or Whole Grain Pasta of
Choice
Store Bought GF or Whole
Grain Flatbread

CONDIMENTS

Maple Syrup
Dijon Mustard
Coconut Aminos (or low-
sodium Tamari)
Capers
Hummus
Marinara Sauce

PANTRY ITEMS

Avocado or Olive Oil
Paprika
Garlic Powder
Dried Basil
Dried Oregano
Sea Salt
Pepper
Cinnamon
Pumpkin Pie Spice
Turmeric
Nutritional Yeast
Vegetable Broth
Miso Paste
Bay Leaf
Coconut Flour
Baking Soda
2 Cans of Chickpeas
Vanilla Extract
Dried Cranberries
Dried Blueberries
Medjool Dates
Shredded Coconut
Canned Pumpkin
Chai Tea
Pistacios