

S U M M E R

Slay

WEEK 3 GROCERY LIST (VEGETARIAN)

PRODUCE

1 Bunch of Kale
Baby Spinach
Frozen Pineapple
3-4 Avocado
Red Cabbage
Red Bell Pepper
1 Bunch of Carrots
Green Onion
Fresh Ginger
Fresh Garlic
3-4 Limes
Fresh Basil
Strawberries
Cilantro
3-4 Zucchini
Bean Sprouts
Snap Peas
Red Onion
Shallot
Parsley
3-4 Lemons
Collard Leaves
Cucumber
Mushrooms

PROTEIN & DAIRY

Chocolate/Vanilla Protein Powder
Unsweetened Milk of Choice
Protein of Choice for Salads
Eggs
Goat Cheese
Firm Tofu
Red Lentils

GRAINS & NUTS

Quinoa
Peanut Butter or Peanut Butter Powder
GF or Whole Grain Bread of Choice
GF or Whole Grain Wraps
Cashews
Cashew Butter
Oat Flour/Rolled Oats

CONDIMENTS

Maple Syrup
Dijon Mustard
Coconut Aminos (or low-sodium Tamari)
Sesame Oil
Chili Sauce
Ketchup
Marinara Sauce

PANTRY ITEMS

Avocado or Olive Oil
Paprika
Cumin
Garlic Powder
Chili Powder
Sea Salt
Pepper
Cinnamon
Baking Soda
Vanilla Extract
Dried Cranberries
Medjool Dates
Shredded Coconut
Cocoa Powder
Coconut Water
Red Wine Vinegar
Balsamic Vinegar
Rice Vinegar
Molasses
Honey
Arrowroot
Dark Chocolate Chips
Hemp Seeds
Ground Flaxseeds
1 Can of Beans of Choice
Dried Basil
Oregano