

# S U M M E R

# Slay

## WEEK 4 GROCERY LIST (VEGETARIAN)

### PRODUCE

Bananas  
Frozen Cherries  
Frozen Raspberries +  
Blackberries  
Fresh Ginger  
1 Mango  
Avocado  
3 Bags of Cauliflower Rice  
Onion  
Cilantro  
Purple Cabbage  
Carrots  
Red Bell Pepper  
Yellow Bell Pepper  
Kale  
2-3 Limes  
2-3 Lemons  
Grapefruit  
Watermelon  
Fresh Mint  
Blueberries  
Parsley  
Garlic  
Broccolini  
Green Onions  
Spinach  
Zucchini

### PRODUCE CONT.

Romaine  
Alfalfa Sprouts  
Cherry Tomatoes

### PROTEIN & DAIRY

Vanilla Protein Powder  
Unsweetened Milk of Choice  
Eggs  
Goat or Mozzarella Cheese  
Feta

### GRAINS & NUTS

Quinoa  
Almond Butter OR  
Sunflower Seed Butter  
GF or Whole Grain Tortillas  
GF or Whole Grain Bread  
Coconut Butter  
Brown Rice  
Rolled Oats

### CONDIMENTS

Coconut Aminos (or low-sodium Tamari)  
Sriracha  
Chili Sauce  
Marinara or Pizza Sauce  
Hummus  
Salsa  
Maple Syrup

### PANTRY ITEMS

Avocado or Olive Oil  
Vanilla Extract  
Pomegranate Vinegar (or vinegar of choice)  
Ground Ginger  
Garlic Powder  
Tapioca Starch  
Chili Powder  
Paprika  
Flaxseed  
Hemp Seeds  
Dried Oregano  
Matcha  
Unsweetened Coconut  
Flakes  
Coconut Oil  
Cacao Nibs  
Coconut Sugar  
Honey  
3 Cans of Chickpeas  
Sesame Oil  
Curry Powder  
Cinnamon  
Cumin  
Tomato Paste  
Tahini