

# VEGETARIAN MEAL PLAN

## Grocery List

### PROTEIN & DAIRY

- [Eggland's Best Organic Eggs](#) or Cage Free Eggs
- Unsweetened Almond Milk
- 6 oz Sliced Artisan White Cheese
- Non-dairy Milk
- 6 oz Shredded Monterey Jack Cheese

### FRUITS & VEGGIES

- 2 Hatch Green Chiles or Canned Fire Roasted Green Chiles
- 8 oz (2 cans) Chopped Green Chiles (mild or spicy)
- Spinach
- Onion
- Plum Tomato
- 12 dates
- Beet
- 2 Red Potatoes
- 1 bunch Radish
- Garlic
- Lemon
- Zucchini
- Shallot
- Leafy Greens
- Banana
- Avocado
- Cilantro
- Green Onion
- Collard Greens
- Green Bell Pepper
- Lime
- 2 Jalapenos
- Sprouts
- Red Bell Pepper
- Celery
- Okra
- Cauliflower

### PANTRY STAPLES

- Olive Oil
- Arrowroot or Tapioca Starch/Flour
- Baking Powder
- Almond Flour
- Coconut Flour
- Vanilla Extract
- Coconut Oil
- Chopped Nuts
- 3 oz can Fire Roasted Green Chilies
- Lentils
- Vegetable Broth
- 13 oz Can Salt Free Diced Tomatoes
- Apple Cider Vinegar
- 8 oz can Tomato Sauce
- Polenta
- 13 - 15 oz Black Beans

### SEASONING, SPICES, & HERBS

- Salt
- Pepper
- Cumin
- Garlic Powder
- Paprika
- Red Pepper Flakes
- Cajun Mix Spice
- Cayenne
- Chili Powder
- Thyme

#COTTERCRUNCH

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CRUNCH