



MEAL PLAN SHOPPING LIST



WEEKS 1,3

WEEKS 2,4

SHOPPING LIST TIPS

- GF = GLUTEN FREE DF = DAIRY FREE**
- 24 oz Oat milk
 - Frozen peaches
 - Organic oats
 - Chia seed
 - 16oz DF Vanilla yogurt
 - Bento bowl ingredients
 - 1 Can refried beans
 - 3 lb Sweet potatoes
 - Taco seasoning
 - 16+ Organic flour tortillas
 - Rice
 - Ground coriander
 - Cherry tomatoes
 - Guacamole
 - 2 Organic canned corn
 - Cilantro bunch
 - 2 Chopped red onion
 - 4 Bananas
 - Peanut butter
 - Maple syrup
 - Flaxseed
 - Organic greens
 - Cinnamon
 - Vanilla
 - 3 Onion
 - Coconut flakes - opt.
 - Salad
 - Salad toppings
 - 2 Can diced chili
 - Fruit (berries etc)
 - 3 Red bell pepper
 - 8 Can black beans
 - 2 Avocado
 - 1 Lime
 - Vegan cheese
 - 1.5 lb Ground beef
 - Organic bacon
 - 1 Can kidney bean
 - 1 Can black beans
 - 1 Can roasted tomato
 - 1 Can coconut milk
 - Tomato sauce
 - Organic pizza base
 - Mozzarella
 - Veggie pizza toppings
 - 1 Can tomato paste
 - 2 Cups vegetable stock
 - Oregano
 - Cumin
 - Parsley
 - Garlic powder
 - Onion powder
 - Ground pepper
 - Worcestershire sauce
 - Minced garlic
 - Organic eggs
 - Organic bread
 - Vegan butter

- Organic rolled oats
- 1 Can coconut milk
- 24oz DF plain yogurt
- Cinnamon
- Maple syrup
- Vanilla
- Coconut flakes
- Salad
- Salad toppings
- 2 Can diced chili
- 1 Can tomato sauce
- 9 zucchini
- Rice
- Siete chipotle sauce
- Vegan cheese
- Organic flour tortillas
- Quinoa
- 3 Cans organic corn
- 7 Beans
- Minced garlic
- Spinach (chopped)
- Carrot black bean
- Cumin
- Frozen peaches
- 5 oz Oat milk
- 1 Can organic corn
- 1 Can tomato sauce
- Taco seasoning
- Granola
- Fruit (berries etc.)
- 8 oz Button mushroom
- Shredded carrot
- 4 Beets
- 2 Cups radishes
- 2 Red onion
- 2 Avocados
- 2 Cups cherry tomatoes
- English cucumber
- 2 Cups peas
- Vegan caesar dressing
- 1 lb Ground beef
- 32 oz Vegetable broth
- 16 oz Salsa
- Chia seeds
- Cilantro
- Honey
- Jalepeño
- 3 lb Russet potatoes
- Pico
- Guacamole
- Organic eggs
- Organic bread
- Vegan butter
- White wine vinegar
- BBQ sauce
- Honey
- Lime
- Peanut butter
- Cocoa powder
- Bento bowl ingredients
- Dijon

If you have an iPhone, an easy way to put these lists into your phone is to go to your notes>click the create a new note icon>select the camera>select scan text. Hover over the list above and click insert. It will then load the list into your phone. You'll want to do this one column at a time.

Alternately, utilize your AnyList subscription by clicking on the recipe links to have it create the grocery list for you.