Grocery List

FRESH PRODUCE

- ○ avocado: 4
- ○ banana: 1
- ○ beets: 2
- ○ blueberries: ½ cup
- ○ carrots: 11
- ○ cauliflower florets: 5 cups
- ○ cherry tomatoes: 8
- ○ cilantro: 2 cups
- ○ cucumber: 1
- ○ fennel bulb: 1
- ○ garlic clove: 12
- ○ ginger root: ¾ cup
- ○ gold potato: 2
- ○ green apple: 1
- ○ kale: 7 ½ cups
- ○ leek: 1
- ○ lemon: 7
- ○ lime: 1
- ○ mango: 2
- ○ orange: 4
- ○ red cabbage: 1
- ○ spinach: 10 ½ cups (13 ounces)
- ○ sweet potato: 2
- ○ yellow onion: 4

FROZEN FOODS

- ○ blueberries: ½ cup
- ○ peaches: 1 cup
- ○ pineapple: 3 ½ cups
- ○ strawberries: 1 ½ cups

REFRIGERATED GOODS

- ○ almond milk, unsweetened: 7 cups (56 oz)

DRIED GOODS

- ○ almonds, raw: ¼ cup
- ○ cashews, raw: ½ cup
- ○ chia seeds: 2 tablespoons
- ○ coconut flakes: 3 ⅔ cups
- ○ pepitas, raw: 2 ⅛ cups
- ○ sunflower seeds, raw: 2 ⅛ cups
- ○ walnuts, raw: 1 cup

CANNED GOODS

- ○ coconut milk: 2 cans

CONDIMENTS & OILS

- ○ coconut oil
- ○ Dijon mustard
- ○ maple syrup
- ○ olive oil
- ○ tamari

PANTRY ITEMS

- ○ almond butter
- ○ coconut water, unsweetened: 6 ¼ cups (50 oz)
- ○ vegetable stock: 5 cups

SEASONING + BAKING

- ○ black pepper, ground
- ○ cayenne pepper
- ○ chili powder, ground
- ○ cinnamon, ground
- ○ crushed red pepper
- ○ cumin, ground
- ○ curry powder, ground
- ○ ginger, ground
- ○ nutritional yeast
- ○ sea salt
- ○ smoked paprika
- ○ turmeric, ground

If you have Cashew Cream on hand, you don't need to puchase any cashews this week.