

Shopping List (double)

4 avocado(s)
3 bell pepper(s) (green)
2 bell pepper(s) (yellow)
2 carrot
2 head cauliflower
1 small bunch cilantro
1 package corn (frozen)
2 cup(s) fresh basil
4 bulb(s) garlic
2 jalapeño(s)
3 onion(s) (red)
8 onion(s) (yellow)
8 leaves romaine lettuce
8-10 sweet potato(es)
3 (6 oz) can(s) tomato paste
4 tomato(s)
1 head (or bag) mixed greens or lettuce
1-2 package(s) Ezekiel hamburger buns (or English muffins)
3-4 package(s) Ezekiel tortillas
10 (15 oz) can(s) black beans
2 (15 oz) can(s) chickpeas
1 (7 oz) can(s) chipotle pepper (in Adobo sauce)
2 (15 oz) can(s) diced tomatoes
16 oz sun-dried tomatoes
4 (15 oz) can(s) pinto beans
2 (15 oz) can(s) red beans
pickles
12 Tbsp salsa
0.75 cup(s) nutritional yeast
0.25 cup(s) pine nuts (or raw almonds)
1 cup(s) whole grain bread crumbs
2 package(s) whole wheat penne pasta
2 cup(s) cheese
<i>2 cup(s) almond or soy milk (unsweetened)</i>
<i>2 Tbsp apple cider vinegar</i>
<i>1 tsp baking powder</i>
<i>black pepper</i>

Shopping List (double)*cajun seasoning**2 tsp chili powder**coconut oil**coconut spray oil**2 cup(s) corn meal**crushed red pepper**ground cayenne**ground cumin**0.5 cup(s) olive oil**red pepper flakes**4 Tbsp sugar (or Xylitol)**2 cup(s) whole wheat flour*