

Week Shopping List

PRODUCE:

- 2 PEARS
- 1 ONION
- 1 LEMON
- 1 CUCUMBER
- 3 GREEN BELL PEPPERS
- (2) 16 OZ BAGS BABY CARROTS

BAKING/PACKAGED:

- BADIA FLAXSEED PACKET
- JIFFY VEGETARIAN CORN MUFFIN MIX
- LOAF BREAD
- 2 LB BAG OF FLOUR
- 16 OUNCES VEGETABLE OR CANOLA OIL
- CRUNCHY TACO SHELLS (OR TORTILLA CHIPS)

CONDIMENTS/SPICES: DRIED/CANNED:

- JAR OF PEANUT BUTTER
- GARAM MASALA SEASONING
- 8 OUNCES PANKO BREADCRUMBS
- TACO SEASONING PACKET
- (2) PACKAGES ONION SOUP MIX (WITH TWO PACKETS EACH)
- SEASONED SALT

- 16 OUNCES RED LENTILS
- 15 OUNCE CAN CHICKPEAS
- 16 OUNCES BROWN RICE
- 15 OUNCES CHILI BEANS
- 1 PACKET SPANISH RICE
- 16 OUNCES PINTO BEANS
- 15 OUNCE CAN DICED TOMATOES
- 15 OUNCE CAN DICED TOMATOES

FROZEN/COLD:

- 8 OUNCE BAG VEGAN CHEESE SHREDS
(MOZZERELLA PREFERRED)
- 2 BLOCKS OF TOFU (EXTRA FIRM PREFERRED)