



**Chef Sara's
5-Day Meal Plan Shopping List**

Fresh Produce:

- Asparagus (1 pound)
- Basil (1 handful)
- Broccoli (2 large heads)
- Carrots (8 medium)
- Cauliflower (1 head)
- Celery (3 stalks)
- Cilantro (1 bunch)
- Cremini Mushrooms (1 pound plus 10 ounces)
- Eggplant (1 large)
- Fennel (1 head)
- Garlic (2 heads)
- Green Cabbage (1 small or ½ large head)
- Kale (6 to 8 leaves, about 1 bunch)
- Lemons (1)
- Limes (3)
- Mixed Salad Greens (1 small container)
- Onions, Yellow (3 medium)
- Parsley (1 bunch)
- Pineapple (1 large)
- Red Bell Pepper (3 medium)
- Red Cabbage (1 small head or ½ large head)
- Red Potatoes (3 medium)
- Romaine Lettuce (1 head)
- Rosemary (1 small bunch)
- Shallots (4 medium)
- Spinach (2 cups)
- Sweet Potatoes (3 large, about 2 to 3 pounds)
- Thyme (1 small bunch)
- Zucchini (4 to 6 medium)

Nuts/Seeds:

- Cashews, Raw, Unsalted (½ cup)
- Hemp Seeds (1 cup)

Breads/Grains:

- Soft Buns for Sloppy Joes
- Soft or Hard Taco Shells

Beans/Legumes

- Green or Brown Lentils, *for Sloppy Joes* (1½ cups, dried)
- Green or Brown Lentils, *for tacos* (one 15.5-ounce can or 2/3 cup dried)
- White Beans (four 13.5-ounce cans or 2 cups dried)

Canned Goods:

- Diced Tomatoes (one 6-ounce can)
- Tomato Sauce (1 cup)

Dairy Alternatives:

- Daiya Mozzarella-Style Shreds (1 bag)

Oils/Sweeteners:

- Agave Nectar (1 tablespoon)
- Grapeseed Oil (¼ cup)
- Olive Oil (approximately 1 cup)

Condiments:

- Vegan Worcestershire sauce (2 tablespoons)
- Red Wine Vinegar (4 tablespoons)
- Maple Syrup (2 tablespoons)
- Yellow Mustard (1 tablespoon)
- Sriracha or Hot Sauce (2 teaspoons)
- Nutritional Yeast (½ cup)
- Miso Paste (1 tablespoon)

Dried Herbs/Spices:

- Basil
- Chili Powder
- Chipotle Chile Powder
- Cumin
- Herbes de Provence (optional)
- Oregano