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