

YOUR COOK ONCE SHOPPING LIST

VEGGIES & FRUITS

- 2 bunches broccoli
- 1 large red bell pepper
- 4½ oz sugar snap peas
- 1 bunch green onions
- 1 large carrot
- 1 banana, optional
- 1 yellow onion
- 1 head garlic
- 1 pkg mixed greens, optional
- 1 head butter lettuce, optional
- 1 potato of your choice, optional
- 8 large Roma tomatoes
- 1 head cauliflower
- 2 limes
- 1 2-inch piece ginger root
- ½ bunch fresh cilantro

NUTS, SEEDS & OILS

- 2 oz raw unsalted walnuts
- 2½ oz raw unsalted almonds
- 1 bag chia seeds
- 1 jar natural unsalted creamy almond butter (or try a nut & seed butter blend)
- 1 bag hemp hearts
- 1 bag sesame seeds, optional
- 1 jar natural unsalted creamy peanut butter
- 4 oz raw unsalted cashews
- 1 bottle olive oil
- 1 bottle grape seed oil
- 1 jar coconut oil

WHOLE GRAINS

- 1 bag whole-grain teff
- 1 bag whole-wheat flour
- 1 box brown rice, optional

PROTEINS

- ½ qt plain unsweetened almond milk + additional for reheating
- 1 16-oz container whole-milk yogurt, optional

EXTRAS

- 1 bottle pure vanilla extract
- 1 bottle ground ginger
- 1 bottle ground cinnamon
- 1 bottle ground cardamom
- 1 bottle ground nutmeg
- 1 bottle sea salt
- 1 bag unsweetened shredded coconut
- 1 container baking powder
- 1 box baking soda
- 1 BPA-free can or jar unsweetened butternut squash purée (or ½ cup freshly steamed and mashed)

- 1 bottle pure maple syrup
- 1 bag dark chocolate chips, optional
- 1 15-oz BPA-free can cannellini beans (or about ¾ cup dry cannellini beans)
- 1 bottle ground cumin
- 1 bottle ground turmeric
- 1 32-oz carton low-sodium vegetable broth
- 2 oz unsweetened raisins
- 3 oz unsweetened dried mango slices
- 11 oz Medjool dates, pitted
- 1 bag dried goji berries
- 1 jar pitted green olives
- 2 12-oz pkgs kelp noodles
- 1 bottle reduced-sodium tamari
- 1 pkg coconut sugar
- 1 bottle all-natural hot sauce
- 1 bag frozen wild blueberries 