

# Shopping List

Stock your pantry with these basics.

## **Fruits**

Bananas  
Apples  
Berries (fresh or frozen)  
Raisins

## **Vegetables**

Broccoli (fresh or frozen)  
Spinach (fresh or frozen)  
Lettuce  
Carrots  
Cucumbers  
Canned tomatoes  
Marinara sauce

## **Grains**

Rolled oats  
Loaf of bread (high-fiber or pumpernickel)  
Brown rice  
Quinoa  
Whole wheat pasta

## **Legumes**

Soy, rice, almond, or plant-milk of choice  
Black beans (canned or dried)  
Garbanzo beans (canned or dried)  
Dried red lentils  
Frozen edamame

## **Condiments**

Apple butter  
Balsamic vinegar  
Cinnamon  
Mustard  
Soy sauce