|  |
| --- |
| Sample Plant-based SOS & gluten-free shopping list |
| Starches:  6 sweet potatoes 1 lb. bag of Basmati rice 1 lb. bag of dried kidney beans 1 lb. bag of dried lentils 1 lb. bag of Dried chickpeas  10 oz hummus (oil-free)  1 lb. Gluten-free steel-cut oats  |
| Greens & Veggies: 1 lb. large organic spring mix 2 lb. bunch of kale Red cabbage head 1 bunch of watercress 3 lb. of broccoli  3 Lb. of carrots 8 oz. of Mushrooms 1 bunch of celery 2 bunches of green onions 1 lb. cherry tomatoes 6 oz. alfalfa sprouts 2 red bell peppers Red onion |
| Fruit: 5-10 lb.s of apples 8 lb.s of oranges 2 pints of blueberries 6 oz. of raspberries 16 oz. strawberries 6 lb.s bananas 1 pineapple 1 canteloupe |
| Seeds & Nuts: 12 oz bag of raw unsalted almonds 14 oz bag of ground flax seeds 1 lb. raw pepitas   |
| Condiments/spices: spicy brown mustard tahini salsa  date paste apple cider vinegar garlic powder onion powder turmeric peppercorn cinnamon curry  |
|  |