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| 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 |
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