

# VEGAN FOODS SHOPPING LIST

WEEK 1 APRIL 1ST-6TH

Rules:

Pack food for work

Remove junk food, fast food or processed snacks

Eat-out only on special occasions

WHOLE FOODS		OTHER	REMINDERS
BROWN RICE	BELL PEPPERS	EARTH BALANCE BUTTER	<ul style="list-style-type: none"><li>• YOU DON'T HAVE EATING OUT MONEY.</li><li>• YOU BEST MAKE TIME TO PLAN YOUR MEALS.</li><li>• YOU CAN DO THIS.</li><li>• YOU'RE NOT ALONE.</li></ul>
CORN	POTATOES		
ROLLED OATS	SPINACH		
BLACK BEANS	BROCOLI	DAIRY-FREE CREAMER	
RED BEANS	FROZEN MIXED VEGGIES	WHOLE GRAIN BREAD	
BANANAS			
PINEAPPLE			
CHIA SEEDS			
		COFFEE	
MEAT/DAIRY SUBSTITUTES			
BURGER	ALMOND		
HOT DOG	MILK		
MEAT BALLS	GRANOLA		
GROUND BEEF			