

Summer Vegetarian Bliss Shopping List

51 Total Items

Protein

- 1 Tofu, Firm, 16 Ounce (oz)
- 1 Canned Chickpeas, 15 Ounce (oz)
- 1 Store Brand Eggs, 1 Dozen
- 1 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)
- 1 Pinto Beans, Dried, 16 Ounces (oz)

Vegetables

- 1 Tomato Sauce, 8 Ounce (oz)
- 1 Tomato (Roma), Whole, 2 Count
- 3 Spinach, Whole, 16 Ounce (oz)
- 3 Scallions, 1 Bunch
- 2 Red Onion, 1 Count
- 2 Mushrooms (White), Whole, 10 Ounce (oz)
- 1 Store Brand Canned Corn, Low Sodium, 15 Ounce (oz)
- 1 Cilantro, 1 Bunch
- 2 Carrot Bag
- 1 Cabbage (Red), Whole, 1 Count
- 2 Green Pepper, 1 Count
- 2 Red Pepper, 1 Count
- 2 Sweet Onion, 1 Count
- 1 Tomatoes, Sliced and Stewed, No Salt Added, 14.5 Ounce (oz)
- 1 Fresh Garlic (1 Bulb)

Fruits

- 1 Peaches, Canned, Sliced in Light Syrup, 15 Ounce (oz)
- 1 Raisins, 16 Ounce (oz)
- 2 Banana, Whole, 1 Count
- 1 Lemon, Whole, 1 Count
- 1 Blueberries, Frozen, 48 Ounce (oz)
- 1 Gala Apple Bag

Dairy

- 1 Cheddar Cheese, Thin Sliced, 18 Count
- 1 Yogurt (Plain), Non-Fat, 32 Ounce (oz)
- 1 Milk, Skim, 1 Quart
- 2 Store Brand Shredded Cheddar Cheese, Reduced Fat , 8 Ounce (oz)

Grains

- 1 Bulgur, Medium Wheat, 18 Ounce (oz)
- 1 Whole Wheat Tortillas, 10 Count
- 1 Quinoa (White), Dried, 32 Ounce (oz)
- 1 Oats (Old Fashioned), 42 Ounce (oz)
- 1 Hamburger Buns, Whole Wheat, 8 Count
- 1 Brown Rice, 16 Ounce (oz)
- 1 Bread, 100% Whole Wheat, 20 Ounce (oz)

Other

- 1 Low Sodium Soy Sauce, 10 Ounce (oz)
- 1 Dressing, Light Ranch, 16 Ounce (oz)

