

STAPLE GROCERIES



VEGETARIAN MUST HAVES!

Here are your grocery "MUST HAVES". These items should always be on hand.

Buy ORGANIC where ever you can!

unsweetened almond milk
coconut milk
coconut water
almond butter
olive oil
butter
apple cider vinegar
balsamic vinegar
dijon mustard
chia seeds
cacao nibs
cacao powder
shredded coconut
mayonnaise
quinoa
1 15oz can of cooked black beans
jar of fire roasted salsa
pepitas
70% or higher dark chocolate
3 15 oz cans of garbanzo beans/chick peas
french green lentils
pecans or walnuts (or a combo!)
unsweetened and unsulfured dried fruit such as
raisins, apricots, cherries, or currants
pepitas/pumpkin Seeds
soft medjool dates
garbanzo flour
horseradish
honey
dry white and red wine for cooking
capers

miso paste
tahini
soy sauce or tamari
chili sauce such as sambal or siracha
2 quarts veg stock
dense whole grain toast, regular or gluten free (buy the loaf
and freeze for the month)

Dried Herbs and Spices:

ground cinnamon
sea salt and Pepper
dried thyme
garlic powder
berbere spice blend OR curry powder
vanilla extract or beans
cumin
coriander
smoked paprika
cayenne pepper
turmeric
bay leaves
oregano
nutmeg
harissa spice blend
chili flakes

Supplements:

maca powder
powdered collagen/gelatin (optional)

The logo for Sam Castwood, featuring the name "Sam Castwood" in a black, cursive script. A small red circle is positioned above the letter "a" in "Sam".

GROCERY LIST



VEGETARIAN WEEK 1

OK, so this is your first week and so the grocery list will be bigger as you're buying things for the first time. Have your "MUST HAVES" in already!

Buy ORGANIC where ever you can.

Vegetables and Fruits:

- 1 bunch of celery
- 4 onions
- 2 banana
- 8 carrots
- 1 bulb of garlic
- 5 jalapenos
- 1 bunch scallion
- 1 bag or box of arugula
- 1 bag or box of baby spinach
- 1 bag or small box of salad greens
- 1 bag or box of kale
- 6 english or 10 persian cucumbers
- 4 apples
- 4 limes
- 10 lemons
- 1 large piece of fresh ginger
- 1lb of medium red beets
- 4 portobello mushrooms + 1lb of portobello or crimini mushrooms
- 3 bell peppers, color of choice
- 2 avocados
- red cabbage
- radish
- cherry tomatoes
- 1 punnet of fresh berries
- 1 small eggplant
- 1 large or 2 small zucchinis
- 1 endive
- 1 large heirloom tomato
- 1 small cauliflower
- spicy sprouts
- 2 shallot

General Grocery:

- orange Juice
- 1 14oz can of sweet corn
- 1 package of tempeh
- 1 package or tempeh bacon
- sundried tomatoes
- artichoke hearts
- ½ cup of good quality pitted green olives
- tempeh bacon
- 2 2.5oz jars of low sodium marinara sauce (freeze any leftovers at the end of the week)
- 1 bag of frozen green peas
- 1 1.5oz can of fire roasted tomatoes
- 1 jar of roasted red peppers
- cornichon pickles

Dairy + Eggs:

- 1 large container of plain yogurt, greek or regular
- 1 dozen eggs
- 1 log of chevre goat cheese
- 1 block of feta cheese
- buffalo mozzarella
- parmesan or pecorino cheese

A stylized signature for Sam Castwood. The name "Sam" is written in a cursive font with a red circle above the letter 'a'. "Castwood" is written in a similar cursive font.