

Pantry Meal Plan Shopping List - Running on Real Food

Before going shopping, review the meal plan as there are some alternative and optional meals and snacks. Write everything out and make a thorough plan so you know exactly what you'll need for the week.

- Quinoa
- Brown rice
- Oats
- Steel-cut oats
- Pitas or store-bought pizza crust
- Large wraps or tortillas for burritos
- Pasta - 1 box for a dinner, some to add to minestrone soup
- Bread
- Burger or hot dog buns
- Whole-wheat or all-purpose flour
- Baking powder
- Canned black beans
- Canned white beans (cannellini)
- Canned garbanzo beans
- Canned kidney beans
- Dried red lentils
- Tomato sauce for pizza
- Canned Diced tomatoes
- Coconut milk
- Pickles
- Maple syrup, coconut sugar or stevia
- Peanut butter and/or almond butter
- Tahini
- Dates
- Canned pineapple
- Veggie burgers or hot dogs
- Frozen berries of choice, I'd suggest blueberries and raspberries
- Frozen stir fry veggies
- Frozen spinach or kale
- Any other frozen veggies for extra nutrition, to serve as sides

- Frozen corn
- Nuts and seeds of choice for snacking and adding to oatmeal etc.
- Ryvita or similar crackers for light lunches and snacks
- Ketchup and mustard for burger night

Optional

- Vegan cheese for pizza
- For the lime coconut balls - cashews and dried unsweetened coconut
- For flourless peanut butter cookies - dairy-free chocolate chips

Fresh Foods

- Onions, white and red
- Garlic
- Ginger
- Sweet potato and/or potatoes
- Bananas
- Apples
- Oranges
- Red peppers
- Celery
- Red bell peppers
- Optional:
 - Avocado
 - Cilantro
 - Carrots
 - Broccoli
- Hummus if not making your own