



## Nutritarian QS30 Week 2 Shopping List

Always check to see what you already have on hand before shopping! **Helpful tip:** Keep a good no-salt seasoning and other premium seasonings on hand in your pantry.

<i>Shopping List for the Week</i>	
<b>Grains</b>	<b>Condiments</b>
<input type="checkbox"/> Bulgur	<input type="checkbox"/> Balsamic vinegar
<input type="checkbox"/> Old fashioned oats	<input type="checkbox"/> Dijon mustard
<input type="checkbox"/> Quinoa	<input type="checkbox"/> Low-sodium Bragg liquid aminos
<b>Produce</b>	<input type="checkbox"/> Peanut butter, natural style
<input type="checkbox"/> Alfalfa sprouts or your choice	<input type="checkbox"/> Salsa
<input type="checkbox"/> Anaheim pepper	
<input type="checkbox"/> Apples	<b>Canned Goods</b>
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Black beans (low sodium)
<input type="checkbox"/> Avocados	<input type="checkbox"/> Black olives, sliced
<input type="checkbox"/> Baby spinach	<input type="checkbox"/> Chickpeas/Garbanzo beans (low sodium)
<input type="checkbox"/> Bananas (several bunches; some very ripe ones to peel and freeze)	<input type="checkbox"/> Diced tomatoes (low sodium)
<input type="checkbox"/> Butternut squash (fresh or frozen)	<input type="checkbox"/> Kidney beans (low sodium)
<input type="checkbox"/> Carrots	<input type="checkbox"/> Low-sodium vegetable broth
<input type="checkbox"/> Celery	<input type="checkbox"/> Low-sodium pasta sauce
<input type="checkbox"/> Cherry tomatoes	<input type="checkbox"/> Tomato paste (low sodium)
<input type="checkbox"/> Cilantro	<input type="checkbox"/> White beans (low-sodium)
<input type="checkbox"/> Cucumber	
<input type="checkbox"/> Eggplant	<b>Dry Goods</b>
<input type="checkbox"/> Fresh basil	<input type="checkbox"/> Lentils, red
<input type="checkbox"/> Fresh ginger	<input type="checkbox"/> Pomegranate juice
<input type="checkbox"/> Garlic	
<input type="checkbox"/> Green bell pepper	<b>Dried Fruit or Vegetables</b>
<input type="checkbox"/> Jalapeño pepper	<input type="checkbox"/> Apricots (unsulfured)
<input type="checkbox"/> Kale	<input type="checkbox"/> Medjool dates or regular dates
<input type="checkbox"/> Leeks	<input type="checkbox"/> Raisins
<input type="checkbox"/> Lemons (for juicing)	<input type="checkbox"/> Sun-dried tomatoes
<input type="checkbox"/> Limes (for juicing)	
<input type="checkbox"/> Mushrooms	<b>Seasonings</b>
<input type="checkbox"/> Organic blueberries (fresh or frozen)	<input type="checkbox"/> Low-sodium or no-salt seasoning
<input type="checkbox"/> Organic strawberries (fresh or frozen)	<input type="checkbox"/> Chile seasoning
<input type="checkbox"/> Parsley	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Red bell pepper	<input type="checkbox"/> Crushed red pepper
<input type="checkbox"/> Red or yellow onions	<input type="checkbox"/> Cumin
<input type="checkbox"/> Red tip lettuce	<input type="checkbox"/> Minced dry onion
<input type="checkbox"/> Scallions	<input type="checkbox"/> No-salt seasoning
<input type="checkbox"/> Sweet potato	<input type="checkbox"/> Onion powder or granulated onion

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<input type="checkbox"/> Tomatillos (optional)
<input type="checkbox"/> Tomatoes
<input type="checkbox"/> Zucchini
<b>Nuts and Seeds</b>
<input type="checkbox"/> Almonds (raw)
<input type="checkbox"/> Cashews (raw)
<input type="checkbox"/> Chia seeds
<input type="checkbox"/> Ground flax seed (golden flax has a milder flavor)
<input type="checkbox"/> Pine nuts
<input type="checkbox"/> Shelled pumpkin seeds
<input type="checkbox"/> Walnuts
<b>Freezer Section</b>
<input type="checkbox"/> Frozen organic blueberries
<input type="checkbox"/> Frozen corn
<input type="checkbox"/> Frozen mixed berries
<b>Refrigerator Section</b>
<input type="checkbox"/> Corn tortillas
<input type="checkbox"/> Non-dairy mozzarella-type cheese
<input type="checkbox"/> Plant-based milk (soy, hemp, almond) - unsweetened
<input type="checkbox"/> Tofu

<input type="checkbox"/> Paprika
<input type="checkbox"/> Turmeric
<input type="checkbox"/> Vanilla (alcohol-free if possible)