

Meal Plan Week 1 Shopping List

This list only includes required ingredients from individual recipes in the plan this week (serves 4). The amounts DO also account for “leftovers” and “repeats” listed in the plan. You will need to adjust as needed beyond that.

Add optional recipe ingredients and optional recipes (like treats and snacks) to this list or trim some ingredients/recipes if you're not eating all recipes every day. If you're making a lot of adjustments (ingredient subs, quantities), you may want to write up your own list before you shop.

This is the first meal, plan so you may be stocking the pantry a bit more than usual. Future plans will keep this in mind so you end up using everything you buy.

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**GOOD
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PANTRY/SPICES/OILS

- __ One 12-ounce package macaroni noodles (for GF, get rice noodles)
- __ Pesto: 1 jar
- __ Diced tomatoes (unsalted): one 15oz. can
- __ Dijon mustard: 1 small jar
- __ Veggie stock (low-sodium): 8 cups/two 32oz. cartons
- __ Coconut oil, unrefined: 1 small jar
- __ Olive oil: 1 bottle
- __ Avocado oil: 1 bottle
- __ Toasted sesame oil: 1 bottle
- __ Honey: 1 small jar
- __ Maple syrup: 1 large jar
- __ Vanilla extract: 1 small jar
- __ Ground cardamom: 1 small jar
- __ Red pepper flakes: 1 small jar
- __ Black pepper/peppercorns: 1 jar
- __ Ground cumin: 1 jar
- __ Ground coriander: 1 jar
- __ Chipotle powder: 1 jar
- __ Smoked paprika: 1 jar
- __ Sea salt (fine-ground): 1 pack
- __ White wine vinegar: 1 bottle
- __ Rice vinegar: 1 bottle
- __ Coconut aminos: 1 small bottle
- __ Tahini: 1 jar
- __ Roasted nut butter: 1 jar

MILKS/BEVERAGES

- __ Coconut milk (full-fat, canned): 2 cans
- __ Pomegranate juice: ¼ cup
- __ Non-dairy milk: 1 carton

FROZEN

- __ Corn (fresh or frozen kernels): 3 cups
- __ Mixed berries (frozen): 2 cups

PRODUCE

- __ Potato (red-skinned or golden): 1–2
- __ Sweet potatoes: 4 small–medium
- __ Apple (any kind): 1
- __ Bananas: 1 small bunch
- __ Raspberries: 1 pint
- __ Blueberries: 1 pint
- __ Avocados: 5
- __ Lemons: 5
- __ Oranges (cara cara, navel, Valencia, or blood orange): 10
- __ Limes: 4
- __ Kale (curly or lacinato): 1 bunch
- __ Baby spinach: 2 cups fresh
- __ Greens (spinach, baby kale, and/or mixed greens): one box
- __ Carrots: 1 large bunch
- __ Ginger root: 1
- __ Garlic: 3–4 bulbs
- __ Red onion: 1
- __ Shallot: 1
- __ Scallions: 1 large bunch
- __ Zucchini: 6 medium
- __ Green beans (fresh or frozen): 1 cup
- __ Sugar snap peas: 1½ cups
- __ Cucumbers (small-seed variety like Persian about 6" long): 4–5 mini
- __ Cilantro: 2 bunches
- __ Mint: 1 small bunch
- __ Fresh thyme: 1 small bunch
- __ Parsley: 1 bunch
- __ Red bell peppers: 2
- __ Cherry tomatoes: 1 pint
- __ Cauliflower: 2 heads
- __ Red cabbage: 2 small heads or 1 large
- __ Broccolini: 2 large bunches
- __ Radishes (Easter egg radishes, breakfast radishes, or watermelon radishes): 4
- __ Celery: 1 bunch
- __ Mushrooms (any kind you like: shiitake, maitake, cremini, oyster): 3 cups

BAKERY/BAKING/SNACKS (check bulk)

- __ Loaf multi-grain bread
- __ Arrowroot: 1 pack
- __ Tortilla chips: 1 bag (snack-size bag)
- __ Chickpea flour: ½ cup
- __ Brown rice flour: ½ cup
- __ Blanched almond flour: 1 cup
- __ Baking powder: 1 tin
- __ Plant protein (unflavored, vanilla flavored, or spice flavored): 1 large pack

BULK/NUTS/SEEDS/BEANS/RICE

- __ Cashews (raw, unsalted): 1¾ cups
- __ Chia seeds: ½ cup
- __ Almonds (raw, unsalted): 1 cup
- __ Coconut (shredded): 1 cup
- __ Walnuts (raw, unsalted): ½ cup
- __ Pumpkin seeds (aka pepitas): ½ cup
- __ Black beans: one to two 14.5-oz cans
- __ Peanuts (unsalted, roasted): 1½ cups
- __ Dried cranberries: ½ cup
- __ Cannellini beans: two 15oz. cans
- __ Chickpeas: two 15oz. cans (2¼ cups)
- __ Sesame seeds (raw, unsalted): 1 tbsp
- __ Lentils: two 15oz. cans
- __ Brown rice: 2 cups
- __ Rolled oats (old-fashioned style): 3 cups

NOTES:



Your shopping cart (and kitchen) is going to look gorgeous. Take a pic and tag @goodfood.cs so I can see!