

# Shopping List

## NON-PERISHABLES

### *Baking Supplies*

- all purpose flour
- almond flour
- baking powder
- baking soda
- brown sugar
- cassava flour
- chickpea flour
- cocoa powder
- coconut sugar
- gluten-free flour
- granulated sweetener
- oat flour
- powdered sugar
- tapioca starch
- vanilla extract
- white sugar

### *Beans*

- black beans
- chickpeas
- kidney beans
- lentils
- pinto beans

### *Canned Meat*

- chicken
- mackerel
- salmon
- sardines
- tuna

### *Canned Fruit & Vegetables*

- artichokes
- corn
- green beans
- green chiles
- olives
- pumpkin
- spinach
- tomatoes

### *Dried Fruit & Vegetables*

- apricots
- carrots
- corn
- cranberries
- onions
- peaches
- prunes
- raisins
- tomatoes

### *Meals*

- bone broth
- lentil soup
- minestrone soup
- prepared meals
- split pea soup
- tomato soup
- turkey chili
- vegetable soup
- vegetable stock

### *Grains*

- brown rice
- grits
- oats
- pasta
- quinoa
- white rice

### *Nuts, Seeds, & Nut Butter*

- almonds
- almond butter
- cashews
- cashew butter
- chia seeds
- hazelnut butter
- peanut butter
- pumpkin seeds
- sesame seeds
- walnuts

### *Other*

- avocado oil
- bottled water
- cashew milk
- coconut milk
- coffee & tea
- dark chocolate
- granola & protein bars
- jerky
- maple syrup & honey
- non-dairy creamer
- olive oil
- shelf-stable milk