

Vegan Easter Grocery List

<input type="checkbox"/>	<u>Fresh Produce</u>
<input type="checkbox"/>	5 lemons
<input type="checkbox"/>	3 medium red onions
<input type="checkbox"/>	15 garlic cloves
<input type="checkbox"/>	5 oz baby arugula
<input type="checkbox"/>	1 large pomegranate (1 cup pomegranate arils)
<input type="checkbox"/>	1 cup sliced green onions
<input type="checkbox"/>	1 lb asparagus (about 25-30) stalks
<input type="checkbox"/>	2.5 lbs Yukon gold potatoes
<input type="checkbox"/>	8 oz fresh spinach
<input type="checkbox"/>	2 tbsp fresh chives
<input type="checkbox"/>	1 lb brussels sprouts
	<u>Canned Goods</u>
<input type="checkbox"/>	(2) 14 oz cans artichoke hearts in water
<input type="checkbox"/>	(1) 14 oz can chickpeas
	<u>Grains/Bread/Pasta/Nuts</u>
<input type="checkbox"/>	1 cup uncooked wild rice
<input type="checkbox"/>	4 tbsp flour
<input type="checkbox"/>	16 oz elbow noodles
<input type="checkbox"/>	3 cups raw unsalted cashews
<input type="checkbox"/>	1 cup unsalted roasted pecans
	<u>Condiments/Sauces/Oils</u>
<input type="checkbox"/>	1 1/2 tbsp raw apple cider vinegar
<input type="checkbox"/>	4 tbsp dijon mustard
<input type="checkbox"/>	2 tbsp white wine vinegar
<input type="checkbox"/>	1/3 cup + 2 tbsp maple syrup
<input type="checkbox"/>	1 cup olive oil
<input type="checkbox"/>	1 tbsp balsamic vinegar

Spices/Seasonings

- 4 tsp sea salt
- 3 tsp black pepper
- 1 cup nutritional yeast
- 1 tsp paprika
- 4 tsp garlic powder
- 3 tsp onion powder
- 1 tsp ground nutmeg
- 1/4 tsp dried thyme
- 1/4 tsp onion granules
- 1/8 tsp cayenne pepper
- 1/4 tsp turmeric powder

Frozen Products

- 4 lbs frozen spinach

Prepared Products

- 6 cups unsweetened coconut milk (carton)
- 1 cup + 3 tbsp low-sodium vegetable broth
- 1 cup dried cherries
- (2) 8 oz packages of Kite Hill almond ricotta
- 1 package vegan filo dough
- 3 tbsp vegan parmesan cheese (I like Violife)
- 4 tbsp vegan butter (I like Miyokos)
- 3 cups vegan cheddar cheese (I like Violife or Follow Your Heart)
- 2 cups unsweetened almond milk
- 2 cups vegan dark chocolate chips (I like Pascha dark chocolate chips)
- 1 tbsp vegan sprinkles
- 3 tbsp peanut butter
- 1/3 cup carob powder

