


VegWithMandy.com - Grocery List Starter for Plant-Based Meals (updated 2/15/25)

✓ (in Meals for the Week) = All needed ingredients for this Meal are on the list.

✓ (in the rest of list) = Need to buy / ~~Cross-through~~ = I'm at the store, it's in my cart.

<p>Meals for the Week</p> <p>Breakfast</p> <p><input type="checkbox"/> e.g. Smoothies</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p>Lunch, Snacks</p> <p><input type="checkbox"/> e.g. Pasta Salad/Kind bars</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p>Dinner</p> <p><input type="checkbox"/> e.g. Crunchy Wraps</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	<p>Produce: Fruits</p> <p><input type="checkbox"/> Apples</p> <p><input type="checkbox"/> Mandarin oranges</p> <p><input type="checkbox"/> Lemons</p> <p><input type="checkbox"/> Limes</p> <p><input type="checkbox"/> Avocado</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	<p>Produce: Vegetables</p> <p><input type="checkbox"/> Spinach</p> <p><input type="checkbox"/> Onions (type: e.g. red___)</p> <p><input type="checkbox"/> Potatoes (type: e.g. red_)</p> <p><input type="checkbox"/> Tomatoes, (type: _____)</p> <p><input type="checkbox"/> Bell pepper (color: _____)</p> <p><input type="checkbox"/> Carrots</p> <p><input type="checkbox"/> Celery</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>
<p>Dry Goods: Canned & Baking</p> <p><input type="checkbox"/> Beans (type: _____)</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	<p>Dry Goods: "Flavor Agents" (e.g. Vinegars, BBQ sauce)</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	<p>Fridge & Frozen (e.g. frozen veg, fruit)</p> <p><input type="checkbox"/> Tofu (type: e.g. firm)_____</p> <p><input type="checkbox"/> Non-dairy milk</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>
<p>Misc: Household, Personal goods</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	<p>Bulk Buy items (e.g. items cheaper at Sam's/Costco) - e.g. TP</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	<div style="text-align: center;">  </div> <p style="text-align: center;"> VegWithMandy.com -or- VettedCoach.com/Recipes Instagram: @VettedCoach </p>