

# fresh shopping list

BY PEANUT BUTTER & ELLIE

## fruit

Bananas  
Apples  
Grapes  
Pineapple  
Lemon

## veggies

Carrots  
Greens  
Cucumber  
Cauliflower  
Broccoli  
Celery  
\*Avocado  
\*Squash

## STORES

ALDI  
TRADER JOE'S  
FRESH THYME  
MEIJER

## refrigerator

Vegan yogurt  
Non-dairy milk  
Tofu  
Vegan cheese  
Hummus  
Salsa

## frozen

Beef-less tips (Gardein)  
Chickenless nuggets (Gardein)  
Veggie Burgers  
Vegan ice cream  
Mango

## dry

Potatoes  
Sweet Potatoes  
Onions  
Garlic  
Ginger  
Applesauce