

# Nutritious and Yummy in Your Tummy Grocery list under \$35: 3 Vegan Grocery List: Trader Joes

- 1 package cut and cubed butternut squash or sweet potatoes, can substitute 3 large sweet potatoes (\$2.29)
- 1 package kale or romaine (\$1.99; \$2.29 for organic)
- 1 package arugula or spinach (\$1.99; \$2.29 for organic)
- 1 tomato (\$0.29)
- 1 apple (\$0.69-\$0.79; \$0.99 for organic)
- 1 avocado (\$0.99)
- 1 lemon (\$0.49)
- 1 lime, optional (\$0.29)
- 1 bag Vegetable Medley with broccoli, cauliflower and carrots, can substitute broccoli-cauliflower blend, Healthy 8 Chopped Veggie Mix, or Stir-Fry Vegetables (\$2.29)
- 1 large cucumber (\$1.49)
- 1 package firm tofu (\$1.69)
- 1 package Organic 3 Grain Tempeh (\$1.99)
- 1 box frozen Microwaveable Brown Rice, can substitute frozen quinoa, Rice Blend, jasmine rice, or frozen Organic Cauliflower Rice (\$2.99; \$3.49 organic)
- 1 can black beans (\$0.89; \$0.99 for organic)
- 1 can chickpeas (\$0.89; \$0.99 for organic)
- 1 jar salsa of choice (\$1.99-2.29)
- 1 package 10-Minute Farro, barley, or quinoa (\$1.79)
- 1 package Taco Seasoning (\$0.79)
- 1 package seaweed snacks (\$0.99)
- 1 package corn tortillas can substitute whole wheat or white flour (\$0.99)
- 1 bag cilantro, optional (\$1.79)
- 1 bag frozen edamame, optional (\$1.79)

**Total: \$30.00**

# Meal Ideas

Day 1: Black Bean and Butternut Squash (or Sweet Potato) Tacos

Day 2: DIY Sofrita Bowls (or Tacos)

Day 3: Farro Salad with Chickpeas, Sweet Potato (or Butternut Squash), and Apple

Day 4: Protein-Packed Kale Salad With Tempeh and Lemon Dressing

Day 5: Vegetable Stir-Fry with Tofu and Sesame Ginger Sauce

Day 6: Deconstructed Vegan Sushi Bowl

Day 7: Farro, Bean, and Vegetable “Clean out the Fridge” Soup with Microwave Tortilla Chips