

GROCERY LIST

GENERAL



- Beans & lentils
- Onion & garlic
- Lemons & limes
- Tomato paste
- Tahini
- Low-sodium vegetable broth
- Jarred dice tomatoes
- Nutritional yeast
- Reduced-sodium tamari
- Mellow miso
- Date syrup
- Seaweed (wakame or nori)
- Extra-firm or super-firm tofu
- Jarred artichoke hearts
- Low-sodium vegetable broth
- Hemp hearts
- Vinegar: apple cider, rice, red wine, balsamic

GROCERY LIST

GENERAL



- Sun-dried tomatoes.....
- Capers.....
- Raw unsalted nuts & seeds.....
- Dried thyme.....
- Dried marjoram or oregano.....
- Ground cumin.....
- Smoked paprika.....
- Paprika.....
- Ground turmeric.....
- Chili powder.....
- Garlic powder.....
- Curry powder.....
- Mustard powder.....
- Ginger or ground ginger.....
- Black pepper.....
- Salt substitute.....
- Low-oxalate greens.....

