Free Printable Shopping List

For [The Cheapest Plant-Based Meal Plan Ever](http://wp.me/p3OLmr-L4)

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| Estimated Cost ($) | Food | Amount | Meals |
| 1 | Carrots | 1 lb | Salads, Veggie Pasta, Stir Fry, Veggie Soup, Snacks |
| 3 | Apples | 3 lbs | Snacks, Oatmeal, Pancakes, Breakfast Rice |
| 3 | Rolled Oats\* | Large canister | Oatmeal |
| 1.50 | Pasta Sauce\* | 1 jar | Veggie Pasta |
| 2 | Bananas | 3-4 lbs | Snacks, PB & Bananas, PB & Bananas Oatmeal |
| 1 | Broccoli | 1 lb fresh or frozen | Potato & Broccoli Soup, Veggie Pasta, Stir Fry, Veggie Soup |
| 2 | Lettuce | 2 heads | Salads, Taco Salad |
| 3 | Potatoes | 5-10 lbs depending  | Potato Soup, Baked Potatoes, Veggie Soup |
| 3  | Peanut Butter | 16 oz jar | PB sandwiches, Oatmeal, Pancakes, Snacks |
| 1 | Pasta | 1 box | Veggie Pasta |
| 2 | Peppers | 2-4 depending  | Chili, Pasta, Chili, Stir Fry, Taco Salad |
| 1.5 | Squash | 1 lb depending | Veggie Pasta, Stir Fry, Veggie Soup |
| 3 | Frozen Veggies | 1-3 bags depending | Stir Fry, Veggie Soup, Veggie Pasta, Potato Soup, bean and Grain Bowl |
| 3 | Brown Rice | 3 lbs | Mexican Casserole, Stir Fry, Veggie Soup, Bean and Grain Bowl, Taco Salad, Bean and Rice Burritos, Breakfast Rice  |
| 3  | Dry Beans | 3 lb Pinto and Lentils | Mexican Casserole, Chili, Veggie Soup, Bean and Grain Bowl, Taco Salad, Bean and Rice Burritos |
| 1 | Salsa | 1 jar | Mexican Casserole, Bean and Grain Bowl, Taco Salad, Bean and Rice Burritos, Baked Potatoes |
| 2 | Oranges | 2 lbs | Snacks |
| 1 | Canned tomatoes | 1 can | Chili |
| 1 | Tomatoes | 1 lb | Taco Salad, Veggie Pasta |
| 3 | Tortillas\* | 1 package | Bean and Rice Burritos |
| 3  | Bread\* | 1 Loaf | Sandwiches |
| 1 | Tomato Sauce | 3 small cans | Mexican Casserole, Chili, Burritos |
| 1 | Onion | 1 lb | Soups, Pasta |
| 2.50 | Flour\* | 4 lb bag | Pancakes |
| 2.50 | Sugar\* | 4 lb bag | Pancakes |

\*indicates contains gluten/wheat or for a recipe that uses gluten/wheat

“depending” means depending on your preference and need (including price)