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