**A Plant Based | Easy | High in Protein Picnic**

**GROCERY LIST**

**Fruits and vegetables section**

* 5 oz baby romaine, green and red leafs
* 5 large tomatoes
* 2 large Cucumbers
* 2 yellow sweet pepper
* 4 medium size sweet potatoes
* 3 garlic cloves
* 2 lemons
* Fruits (to top the granola)

 Normally in the fruits and vegetables section

* Dry cranberries
* Pumpkin seeds
* Croutons

**Canned foods section**

* 2 cans of chickpeas

**Condiments and sauce section**

* Soy sauce
* Liquid smoke
* Olive oil
* Balsamic glaze
* Agave or maple syrup
* Peanut butter

**Herbs, spices & salt**

* Sea salt
* Paprika
* Onion powder
* Garlic powder
* Black pepper
* Dried parsley flakes
* Turmeric
* Dried thyme
* Dried marjoram
* Ground dill
* Cinnamon

**Grains section**

* Quinoa

**Plant based product section**

* 2 16 oz firm tofu

**Baking**

* Flaxseed meal
* Flour (unbleached)
* Nutritional yeast
* Coconut or canola oil cooking spray
* Brown sugar
* Dry bananas
* Dry shredded coconut
* Carob chips or dairy free chocolate chips (sometimes hard to find in stores, but you can find it online)

**Cereal**

* Plain corn flakes (not frosted and non-GMO)
* Rolled oat

**Fridge section**

* Non dairy butter
* Coconut or soy milk yogurt (if you don’t make your own)

**Add to your shopping cart, if you want to make the...**

**...BBQ sauce**

* Tomato paste
* Molasses
* Apple cider vinegar
* Cayenne pepper

**...Yogurt**

* 2 cans full-fat coconut milk
* Agar-agar flakes / not powder (if you can’t find it in stores, you can find it online)
* Probiotic powder (you should be able to find it in the vitamin section)

**… Vegan honey**

* Apple juice (not from concentrate)