

 *Plant-Based*  
GROCERY LIST 

DATE:

BUDGET:

PROTEIN

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GRAINS

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FRUIT

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LEGUMES  
& PULSES

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CONDIMENTS & FATS

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VEG

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SPICES

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PANTRY/MISC

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Date:

 *Plant-Based*  
MEAL PLAN 

	BREAKFAST	LUNCH	DINNER	SNACK
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				