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Meatless Monday Grocery List February 3, 2014

FRUITS	VEGETABLES	GRAINS	BEANS/ LEGUMES	BEVERAGES	CONDIMENTS / SPICES	OTHER
Apple (1)	Zucchini (1)	Oats	Chickpeas	Unsweetened almond milk	Cinnamon	Chia seeds
Lemon (2)	Garlic (1)	Quinoa	Black beans		Tahini	Raisins/ dates
Avocado (1)	Onion (1)				Olive oil	Pecans/ pumpkin seeds/ sunflower seeds
Lime (1)	Celery (1)				Cumin	
	Beets (4)				Sea salt	
	Romaine				Dill	
	Kale				Horseradish	
	Other veggies for salad				Apple cider vinegar	
					Dijon mustard	
					Raw honey or organic maple syrup	