

How to build your vegetarian food storage for \$5 a week

- **Week 1:** beans (canned or dry)
- **Week 2:** rice
- **Week 3:** nutritional yeast
- **Week 4:** quinoa
- **Week 5:** lentils
- **Week 6:** boxed milk (almond, rice, hemp, etc)
- **Week 7:** boxed cereal/oatmeal
- **Week 8:** canned vegetables
- **Week 9:** water/lemon juice or fresh lemons (slice & freeze)
- **Week 10:** canned or dried fruit

- **Week 11:** chickpeas (dry or canned)
- **Week 12:** dried fruit
- **Week 13:** millet/couscous/other grain
- **Week 14:** pickles/olives/etc
- **Week 15:** canned tomatoes
- **Week 16:** jelly/peanut butter or almond butter
- **Week 17:** nuts
- **Week 18:** agave/honey
- **Week 19:** drink mixes (like hot cocoa, lemonade, tea, etc)
- **Week 20:** coffee/tea

- **Week 21:** beans (canned or dry)
- **Week 22:** rice
- **Week 23:** nutritional yeast
- **Week 24:** quinoa
- **Week 25:** lentils
- **Week 26:** boxed milk (almond, rice, hemp, etc)
- **Week 27:** boxed cereal/oatmeal
- **Week 28:** canned vegetables
- **Week 29:** water/lemon juice or fresh lemons (slice & freeze)
- **Week 30:** canned or dried fruit

- **Week 31:** chickpeas (dry or canned)
- **Week 32:** dried fruit
- **Week 33:** millet/couscous/other grain
- **Week 34:** pickles/olives/etc
- **Week 35:** canned tomatoes
- **Week 36:** jelly/peanut butter or almond butter
- **Week 37:** nuts
- **Week 38:** agave/honey
- **Week 39:** drink mixes (like hot cocoa, lemonade, tea, etc)
- **Week 40:** coffee/tea

- **Week 41:** beans (canned or dry)
- **Week 42:** rice
- **Week 43:** nutritional yeast
- **Week 44:** quinoa
- **Week 45:** lentils
- **Week 46:** boxed milk (almond, rice, hemp, etc)
- **Week 47:** boxed cereal/oatmeal
- **Week 48:** canned vegetables
- **Week 49:** water/lemon juice or fresh lemons (slice & freeze)
- **Week 50:** canned or dried fruit

- **Week 51:** repeat your favorite week's item
- **Week 52:** repeat your favorite week's item

Substitution ideas for weeks: granola bars, protein bars, cookies, chips, dried seeds, prepackaged snacks.