

### Grocery List for Quinoa and Black Bean Salad

1. Quinoa (1 cup)
2. Black beans (1 can, 15 oz)
3. Red bell pepper (1)
4. Fresh cilantro (1/2 cup)
5. Red onion (1/4 cup)
6. Corn (1/2 cup, can be fresh or frozen)
7. Avocado (1)
8. Lime (1)
9. Olive oil (2 tablespoons)
10. Salt and pepper



### Grocery List for Lentil Vegetable Soup

1. Olive oil (2 tablespoons)
2. Onion (1 large)
3. Garlic cloves (3)
4. Carrots (3)
5. Celery stalks (3)
6. Bell pepper (1)
7. Zucchini (1)
8. Brown or green lentils (2 cups)
9. Diced tomatoes (1 can, 14 oz)
10. Vegetable broth (6 cups)
11. Dried thyme (2 teaspoons)
12. Dried oregano (2 teaspoons)
13. Spinach or kale (2 cups)
14. Salt and pepper

