

WEEK #1 meal prep page 1/2

*Please note - this list correlates with a meal plan based on our book, [Vegan Weight Loss Manifesto](#).
For a blank shopping list - [download here](#).

SUNDAY

- no bake fig crumb bar

WEDNESDAY

- cardamon ginger bliss balls

FRIDAY

- prep almond mylk (double) [*watch video here](#)

CHECK ON:

- maple syrup
- vanilla
- extra virgin olive oil
- sprouted-grain sandwich bread
- raw apple cider vinegar
- Himalayan (pink) salt
- coconut oil

WEEK #1 shopping list

FRUITS & VEGGIES

FOOD	QUANTITY	
carrots	10	<input type="checkbox"/>
oranges	5	<input type="checkbox"/>
roamine lettuce	2 heads	<input type="checkbox"/>
fresh spinach	1 handful	<input type="checkbox"/>
fresh ginger	2 inch	<input type="checkbox"/>
lime	4	<input type="checkbox"/>
pear	1	<input type="checkbox"/>
banana	2	<input type="checkbox"/>
avocado	4 ripe	<input type="checkbox"/>
shallot	1	<input type="checkbox"/>
celery	1 bunch + 1 rib	<input type="checkbox"/>
broccoli	5 cups (chopped)	<input type="checkbox"/>
lemon	8	<input type="checkbox"/>
beetroot	1	<input type="checkbox"/>
button mushrooms	1	<input type="checkbox"/>
plantains	2	<input type="checkbox"/>
organic baby arugula	2 cups	<input type="checkbox"/>
cilantro	2 bunch	<input type="checkbox"/>
parsley	1 bunch	<input type="checkbox"/>
fresh basil	1 bunch + 1/2 cup	<input type="checkbox"/>
onion	1 sm + 4 md	<input type="checkbox"/>
garlic	2 heads	<input type="checkbox"/>
tomatoes	11 medium	<input type="checkbox"/>
blueberries (or any berry)	1/2 cup	<input type="checkbox"/>
yam or winter squash	1	<input type="checkbox"/>
cucumber	1 sm + 2 lg	<input type="checkbox"/>
mixed sprouts (alfalfa, etc.)	1 cup	<input type="checkbox"/>
eggplant	1	<input type="checkbox"/>
organic frozen peas	1/2 cup	<input type="checkbox"/>

FOOD	QUANTITY	
collard leaves		<input type="checkbox"/>
kale leaves	6	<input type="checkbox"/>
apples	6	<input type="checkbox"/>
pineapple	1/4	<input type="checkbox"/>
zucchini	2 lg + 2md	<input type="checkbox"/>
red bell peppers	3	<input type="checkbox"/>
yellow bell peppers	1	<input type="checkbox"/>
carrots	10	<input type="checkbox"/>
frozen peas	1/2 cup	<input type="checkbox"/>
sundried tomatoes (chop)	1/2 cup	<input type="checkbox"/>

DRY GOODS

hemp oil	4 tbsp	<input type="checkbox"/>
coconut oil	4 tbsp	<input type="checkbox"/>
maple syrup	8 tbsp	<input type="checkbox"/>
vanilla extract	1 tsp	<input type="checkbox"/>
apple cider vinegar (raw)	2 tbsp	<input type="checkbox"/>
balsamic vinegar	3 tbsp	<input type="checkbox"/>
dijon mustard	1 tsp	<input type="checkbox"/>
tahini	1/2 cup	<input type="checkbox"/>
flaxseed	2 tbsp	<input type="checkbox"/>
chia seeds	1 tsp	<input type="checkbox"/>
nutritional yeast	1 cup	<input type="checkbox"/>
raw walnuts	2 cups	<input type="checkbox"/>
raw almonds	2 cups	<input type="checkbox"/>
raw cashews	1 cup	<input type="checkbox"/>

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DRY GOODS CONT'D

FOOD	QUANTITY	
pecans	1/2 cup	<input type="radio"/>
dried figs	10	<input type="radio"/>
dates	28	<input type="radio"/>
dried cranberries (unsweet)	6 tbsp	<input type="radio"/>
cocoa powder	5 tbsp	<input type="radio"/>
cocoa nibs	2 tbsp	<input type="radio"/>
chickpeas	2 cans	<input type="radio"/>
tomato paste	3 can (6 oz)	<input type="radio"/>
coconut milk (unsweet)	3 cans	<input type="radio"/>
dried lentils	1 cup	<input type="radio"/>
mung dal (split yellow peas)	1 cup	<input type="radio"/>
basmati rice	1/2 cup	<input type="radio"/>
old fashioned oats	3 cups	<input type="radio"/>
shredded coconut (unsweet)	1/2 cup	<input type="radio"/>

SPICES

seasalt	1/2 tsp	<input type="radio"/>
garam masala	1/2 tsp	<input type="radio"/>
ground cardamon	1 1/4 tsp	<input type="radio"/>
ground coriandar	1 1/2 tsp	<input type="radio"/>
ground turmeric	1 1/2 tsp	<input type="radio"/>
ground cumin	1/2 tsp	<input type="radio"/>
whole cumin seeds	1/2 tsp	<input type="radio"/>
hing (optional)	1 pinch	<input type="radio"/>
ground ginger	1/4 tsp	<input type="radio"/>
dried oregano	1 1/2 tsp	<input type="radio"/>
dried thyme	1/2 tsp	<input type="radio"/>
bay leaves (optional)	2	<input type="radio"/>
cinnamon stick	1 (optional)	<input type="radio"/>
mustard seeds	1/2 tsp	<input type="radio"/>
chili pepper flakes (optional)		<input type="radio"/>

EXTRAS

FOOD	QUANTITY	
matcha tea powder	1 tsp	<input type="radio"/>
sprouted grain bread	8 slices	<input type="radio"/>
protein powder (raw plant based, we like Garden Of Life)	2 scoops	<input type="radio"/>
tempeh	1 packet	<input type="radio"/>
coconut aminos	2 tbsp	<input type="radio"/>
extra dark chocolate	3 tbsp	<input type="radio"/>
pitted ripe olives	1/2 cup	<input type="radio"/>
mixed seeds (pumpkin, sunflower, flax, hemp, etc)	1/3 cup	<input type="radio"/>

OPTIONAL: sprouts, tomato, pickles
and lettuce (as toppings)