

# WEEK #2 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

- 5 ingredient protein bars
- ratatouille with chickpeas
- almond mylk (or add almond milk to grocery list)

## WEDNESDAY

- almond mylk (save the pulp) [\\*watch video here](#)
- seedy crackers

## FRIDAY

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

## CHECK ON:

- protein powder
- extra virgin olive oil (1/2 cup)
- himilayan (pink) salt
- maple syrup (3/4 cup)
- dijon mustard
- coconut oil (1 cup)
- hemp oil

# WEEK #2 shopping list

## FRUITS & VEGGIES

FOOD	QUANTITY	<input type="checkbox"/>
mixed baby greens	2 large boxes	<input type="checkbox"/>
fresh kale	3 bunches	<input type="checkbox"/>
roamine lettuce	2 heads	<input type="checkbox"/>
fresh cilantro	2 bunches	<input type="checkbox"/>
fresh parsley	3 bunches	<input type="checkbox"/>
fresh basil	1 bunch	<input type="checkbox"/>
bananas	2	<input type="checkbox"/>
avocado	2	<input type="checkbox"/>
lemons	11	<input type="checkbox"/>
limes	5	<input type="checkbox"/>
zucchini	1	<input type="checkbox"/>
fresh blueberries	1/4 cup	<input type="checkbox"/>
fresh raspberries	1 cup	<input type="checkbox"/>
fresh/frozen strawberries	1 1/2 cups	<input type="checkbox"/>
pear	1	<input type="checkbox"/>
fresh garlic	6 cloves	<input type="checkbox"/>
shallots	2	<input type="checkbox"/>
apples	8	<input type="checkbox"/>
oranges	3	<input type="checkbox"/>
carrot	6 medium	<input type="checkbox"/>
celery	8 ribs	<input type="checkbox"/>
cucumber	1 lg	<input type="checkbox"/>
fresh ginger	3" piece	<input type="checkbox"/>
fresh turmeric root	sm piece	<input type="checkbox"/>
onions	2	<input type="checkbox"/>
sweet potatoes	3 medium	<input type="checkbox"/>
tomatoes	16	<input type="checkbox"/>
pineapple	1 small	<input type="checkbox"/>
beet	1	<input type="checkbox"/>

FOOD	QUANTITY	<input type="checkbox"/>
mixed sprouts	1/2 cup	<input type="checkbox"/>
broccoli	3 cups (chopped)	<input type="checkbox"/>
organic mushrooms	2 cups	<input type="checkbox"/>
ripe mango	1 large	<input type="checkbox"/>
frozen mango chunks	1 cup	<input type="checkbox"/>
rhubarb (fresh or frozen)	1 1/2 cups	<input type="checkbox"/>
head of cabbage	1 sm	<input type="checkbox"/>
sundried tomatoes (no oil)	1 1/4 cup	<input type="checkbox"/>
kefir lime leaves (optional)	5 leaves	<input type="checkbox"/>
lemon grass	2 pieces	<input type="checkbox"/>

## DRY GOODS

coconut oil/cocoa butter	1/4 cup	<input type="checkbox"/>
coconut aminos	1 tbsp	<input type="checkbox"/>
natural almond butter	1/2 cup	<input type="checkbox"/>
tahini	2 tbsp	<input type="checkbox"/>
black strap molasses	1/3 cup	<input type="checkbox"/>
apple cider vinegar	5 tbsp	<input type="checkbox"/>
unsweet shred coconut	1 cup	<input type="checkbox"/>
cocoa powder	3 tbsp	<input type="checkbox"/>
coconut milk	2 cans	<input type="checkbox"/>
bulgar	2 cup	<input type="checkbox"/>
brown rice	1/2 cup	<input type="checkbox"/>
yellow split peas	1 cup	<input type="checkbox"/>
chickpeas	1 can	<input type="checkbox"/>
black beans	1 can	<input type="checkbox"/>
dried lentils	1/2 cup	<input type="checkbox"/>

# WEEK #2 shopping list page 2/2

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

## DRY GOODS CONT'D

FOOD	QUANTITY	
white quinoa	1 2/3 cup	<input type="radio"/>
regular oats	1 1/2 cups	<input type="radio"/>
chia seeds	1/2 cup	<input type="radio"/>
tomato paste (unsweetened)	1 can (18oz)	<input type="radio"/>
flax oil	2 tbsp	<input type="radio"/>
nutritional yeast	1 1/4 cup	<input type="radio"/>
hemp seeds	2 tbsp	<input type="radio"/>
flaxseeds	3/4 cup	<input type="radio"/>
raw sesame seeds	1 cup	<input type="radio"/>
kelp flakes (optional)	1 tbsp	<input type="radio"/>
raw walnuts	2 cups	<input type="radio"/>
raw whole almonds	3 cups	<input type="radio"/>
raw pumpkin seeds	1 cup	<input type="radio"/>
dried cranberries	4 tbsp	<input type="radio"/>
golden raisins	1 1/3 cup	<input type="radio"/>
raw cashews	1 1/2 cup	<input type="radio"/>
raw brazil nuts	1/2 cup	<input type="radio"/>
raw sunflower seeds	1/2 cup	<input type="radio"/>
dried dates	2	<input type="radio"/>
dried figs	2	<input type="radio"/>
pistachios	3 tbsp	<input type="radio"/>

## EXTRAS

FOOD	QUANTITY	
matcha tea powder	1 tsp	<input type="radio"/>
sprouted grain bread	2 slices	<input type="radio"/>
chai spice (or pinch of cinnamon, cardamom, cloves)	1/2 tsp	<input type="radio"/>
non-dairy yogurt	1 cup	<input type="radio"/>
spirulina powder	1 tsp	<input type="radio"/>

## SPICES

vanilla powder/extract	3 tsp	<input type="radio"/>
ground black pepper		<input type="radio"/>
garlic powder	1 tsp	<input type="radio"/>
curry powder	2 tsp	<input type="radio"/>
coriander	1 tbsp	<input type="radio"/>
ground cumin	3 tsp	<input type="radio"/>
ground turmeric	2 tsp	<input type="radio"/>
cayenne	1 1/4 tsp	<input type="radio"/>
saffron	1 pinch	<input type="radio"/>
ground cinnamon	1 tsp	<input type="radio"/>
dried oregano	2 tsp	<input type="radio"/>
dried thyme	1 pinch	<input type="radio"/>
cardamon	3 pods or 1/2 tsp ground	<input type="radio"/>