

WEEK #3 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

- Freeze 4 Bananas

WEDNESDAY

- almond mylk (or add to list) [*watch video here](#)
- soak sunflower seeds (in morning)
- anti-aging cookies
- soak 1/4 cup mixed nuts (for Thursday)
- coconut yogurt (or add 1 sm. can coconut cream to list)

CHECK ON:

- coconut oil
- apple cider vinegar
- hemp oil or flax oil
- Himalayan sea salt
- plant based protein powder

WEEK #3 shopping list

FRUITS & VEGGIES

FOOD	QUANTITY	<input type="checkbox"/>
lemons	6	<input type="checkbox"/>
limes	4	<input type="checkbox"/>
apples	6	<input type="checkbox"/>
pear	1	<input type="checkbox"/>
bananas	7	<input type="checkbox"/>
plantains	2 large ripe	<input type="checkbox"/>
fresh ginger	7" piece	<input type="checkbox"/>
fresh turmeric root	3" piece	<input type="checkbox"/>
cucumber	2	<input type="checkbox"/>
celery	2 bunches	<input type="checkbox"/>
cilantro	4 bunches	<input type="checkbox"/>
parsley (regular or italian)	4 bunches	<input type="checkbox"/>
fresh herbs (for pesto)	2 cups	<input type="checkbox"/>
fresh mint	1 bunch	<input type="checkbox"/>
organic romaine lettuce	1 head	<input type="checkbox"/>
organic greens (your choice)	4 cups	<input type="checkbox"/>
organic baby arugula	2 cups	<input type="checkbox"/>
organic baby leaf spinach	4 cups	<input type="checkbox"/>
carrots	20	<input type="checkbox"/>
oranges	2	<input type="checkbox"/>
broccoli	1 small head	<input type="checkbox"/>
red onion	1 small	<input type="checkbox"/>
onions	2 medium	<input type="checkbox"/>
spring onion (optional)	2	<input type="checkbox"/>
garlic	2 heads	<input type="checkbox"/>
shallot	1	<input type="checkbox"/>
mushrooms	2 cups	<input type="checkbox"/>
portobello mushrooms	2	<input type="checkbox"/>
fresh garlic	6 cloves	<input type="checkbox"/>

FOOD	QUANTITY	<input type="checkbox"/>
fresh/frozen peas	1 1/2 cups	<input type="checkbox"/>
fruit of your choice	2 pieces	<input type="checkbox"/>
beetroot	1	<input type="checkbox"/>
zucchini	1 large	<input type="checkbox"/>
avocados	2	<input type="checkbox"/>
sweet potatoes	2 medium sized	<input type="checkbox"/>
bell pepper	1	<input type="checkbox"/>

DRY GOODS

soba noodles	1 package	<input type="checkbox"/>
sesame oil	1 tsp	<input type="checkbox"/>
miso paste	4 tsp	<input type="checkbox"/>
dried seaweed(or 1 nori sheet)	1/4 cup	<input type="checkbox"/>
sesame seeds (optional)	for garnish	<input type="checkbox"/>
dried goji berries	2 cups	<input type="checkbox"/>
hemp seeds	3/4 cup	<input type="checkbox"/>
wild rice	1 cup	<input type="checkbox"/>
red lentils	3/4 cup	<input type="checkbox"/>
quinoa	1/2 cup	<input type="checkbox"/>
apple cider vinegar	1 1/2 tsp	<input type="checkbox"/>
medjool dates	15	<input type="checkbox"/>
hulled sunflower seeds	1 cup	<input type="checkbox"/>
raw pumpkin seeds	1/4 cup	<input type="checkbox"/>
raisins	1/2 cup	<input type="checkbox"/>
rolled oats	3 cups	<input type="checkbox"/>
natural almond butter	1 cup	<input type="checkbox"/>
shred. unsweetened coconut	1/4 cup	<input type="checkbox"/>
nutritional yeast	3 tbsp	<input type="checkbox"/>

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DRY GOODS CONT'D

FOOD	QUANTITY	
chickpeas	1 (15oz) can	<input type="checkbox"/>
chickpea flour (or gluten-free)	2 tbsp	<input type="checkbox"/>
spelt flour (or gluten-free)	2 tbsp	<input type="checkbox"/>
tahini	1 tbsp	<input type="checkbox"/>
chia seeds	3 tbsp + 1 tsp	<input type="checkbox"/>
balsamic vinegar	1/2 cup	<input type="checkbox"/>
coconut aminos	1 tbsp	<input type="checkbox"/>
raw coconut sugar	1/4 cup	<input type="checkbox"/>
baking powder	1 tbsp	<input type="checkbox"/>
flax seeds	1 tbsp	<input type="checkbox"/>

SPICES

vanilla powder/extract	1 tsp	<input type="checkbox"/>
ground cinnamon	3 tsp	<input type="checkbox"/>
ground turmeric	1 tsp	<input type="checkbox"/>
curry powder	2 tbsp	<input type="checkbox"/>
dried rosemary	1 tsp	<input type="checkbox"/>
dried thyme	1 tsp	<input type="checkbox"/>
sweet paprika	1 tsp	<input type="checkbox"/>
bay leaves	2	<input type="checkbox"/>

EXTRAS

FOOD	QUANTITY	
tempeh	1 package	<input type="checkbox"/>
hummus	200 grams	<input type="checkbox"/>
almond mylk or nut milk	1/2 cup	<input type="checkbox"/>
organic maca powder	1 tsp	<input type="checkbox"/>
L-glutamine powder (optional)	5 grams	<input type="checkbox"/>
raw cacao powder	2 tbsp	<input type="checkbox"/>
coconut water	1/2 cup	<input type="checkbox"/>