

WEEK #4 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

- banana bread cookies
- coconut yogurt (or add dairy-free yogurt to list)
- almond mylk (or add to list) [*watch video here](#)
- Freeze 5 bananas
- choconutz granola
- quinoa lentil loaf

WEDNESDAY

- soak 6 cups assorted raw nuts + seeds
- carrot cake rolls
- yogi mix
- almond mylk (or add to list) [*watch video here](#)
- basic chia pudding

CHECK ON:

- coconut oil
- apple cider vinegar (1/2 cup)
- extra virgin olive oil
- hemp or flax oil
- Himalayan sea salt
- plant based protein powder

WEEK #4 shopping list

FRUITS & VEGGIES

FOOD	QUANTITY	
oranges	4	<input type="checkbox"/>
pink grapefruit	1	<input type="checkbox"/>
bananas	8	<input type="checkbox"/>
pear	1	<input type="checkbox"/>
mango	1	<input type="checkbox"/>
tomato	1 medium sized	<input type="checkbox"/>
cherry tomatoes	2 cups	<input type="checkbox"/>
lemons	8	<input type="checkbox"/>
limes	3	<input type="checkbox"/>
apples	5	<input type="checkbox"/>
beetroots	2	<input type="checkbox"/>
celery	4 ribs	<input type="checkbox"/>
romaine lettuce	3 heads	<input type="checkbox"/>
kale	1 bunch	<input type="checkbox"/>
baby arugula	3 cups	<input type="checkbox"/>
broccoli	2 med heads	<input type="checkbox"/>
fresh ginger	10" piece	<input type="checkbox"/>
fresh turmeric root	small piece	<input type="checkbox"/>
fruit of your choice	2 pieces	<input type="checkbox"/>
red onion	1 small	<input type="checkbox"/>
onions	3 medium	<input type="checkbox"/>
garlic	10 cloves	<input type="checkbox"/>
medjool dates	19	<input type="checkbox"/>
young thai coconuts (if making yogurt)	2	<input type="checkbox"/>

FOOD	QUANTITY	
carrots	9	<input type="checkbox"/>
sweet potatoes	3 medium sized	<input type="checkbox"/>
fresh/frozen peas	3 cups	<input type="checkbox"/>
avocados	3 medium	<input type="checkbox"/>
cauliflower	1/2 head	<input type="checkbox"/>
red/yellow/orange pepper	5	<input type="checkbox"/>
red pepper	5	<input type="checkbox"/>
fresh basil	2 bunches	<input type="checkbox"/>
fresh cilantro	2 bunches	<input type="checkbox"/>
fresh parsley	3 bunches	<input type="checkbox"/>
organic greens of choice	9 cups	<input type="checkbox"/>
zucchini	1	<input type="checkbox"/>

DRY GOODS

chickpeas	1 small can	<input type="checkbox"/>
tempeh	12 ounces	<input type="checkbox"/>
hemp seeds	1 cup	<input type="checkbox"/>
tahini	3/4 cup	<input type="checkbox"/>
coconut aminos/tamari	3/4 cup	<input type="checkbox"/>
quinoa	1 1/4 cups	<input type="checkbox"/>
almond butter	4 tbsp	<input type="checkbox"/>
almonds	3 cups	<input type="checkbox"/>
raw walnuts	2 cups	<input type="checkbox"/>
raw cashews	2 cups	<input type="checkbox"/>

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DRY GOODS CONT'D

FOOD	QUANTITY	
raw brazil nuts	1/2 cup	<input type="checkbox"/>
raw hazelnuts	1/2 cup	<input type="checkbox"/>
cocoa butter/oil	1/4 cup	<input type="checkbox"/>
black strap molasses	1/4 cup	<input type="checkbox"/>
cocoa powder	3 tbsp	<input type="checkbox"/>
hulled sunflower seeds	1 cup	<input type="checkbox"/>
raw pumpkin seeds	2 cups	<input type="checkbox"/>
green raisins	1/4 cup	<input type="checkbox"/>
raisins	1/2 cup	<input type="checkbox"/>
dried goji berries	1/2 cup	<input type="checkbox"/>
dried mulberries	1/2 cup	<input type="checkbox"/>
shred. unsweetened coconut	3 cups	<input type="checkbox"/>
old fashioned oats	1/2 cup	<input type="checkbox"/>
chia seeds	1/3 cup	<input type="checkbox"/>
nutritional yeast	1 cup + 4 tbsp	<input type="checkbox"/>
dried figs	5	<input type="checkbox"/>
assorted raw nuts/seeds	6 cups	<input type="checkbox"/>
flax seeds	2 tbsp	<input type="checkbox"/>
sesame seed oil	2 tsp	<input type="checkbox"/>
maple syrup	1 cup	<input type="checkbox"/>
mung beans (dry or sprouts)	1 cup	<input type="checkbox"/>
sauerkraut	1 cup	<input type="checkbox"/>
dulse flakes	1 tsp	<input type="checkbox"/>
kelp noodles	2 cups (1 pack)	<input type="checkbox"/>
coconut milk	2 (13.5 oz) cans	<input type="checkbox"/>

SPICES

vanilla powder/extract	3 tsp	<input type="checkbox"/>
ground cumin	1/4 tsp	<input type="checkbox"/>
cumin seeds	1 tbsp	<input type="checkbox"/>
garam masala blend	3 tsp	<input type="checkbox"/>
dried oregano	2 tbsp	<input type="checkbox"/>
cayenne	1 tsp	<input type="checkbox"/>
ground cloves	1/4 tsp	<input type="checkbox"/>
ground cardamom	2 tsp	<input type="checkbox"/>
ground cinnamon	3 tsp	<input type="checkbox"/>
ground turmeric powder	5 tsp	<input type="checkbox"/>

EXTRAS

FOOD	QUANTITY	
organic maca powder	2 tsp	<input type="checkbox"/>
probiotics (if making yogurt)	6 capsules	<input type="checkbox"/>
matcha tea powder	1 tsp	<input type="checkbox"/>
spirulina powder	1 tsp	<input type="checkbox"/>
sprouted grain bread	3 slices	<input type="checkbox"/>
sun dried olives	6	<input type="checkbox"/>