

WEEK #5 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

- hazelnut kiss yogurt
- protein orbs
- basic green salad
- freeze 2 bananas

WEDNESDAY

- almond mylk (or add to list) [*watch video here](#)
- [creamy spiced pumpkin butter](#)

FRIDAY

- soak 1/2 cup sunflower seeds

CHECK ON:

- Himalayan sea salt
- coconut oil
- black pepper
- extra virgin olive oil
- hemp oil

WEEK #5 shopping list

FRUITS & VEGGIES

FOOD	QUANTITY	
oranges	6	<input type="checkbox"/>
pineapple	1	<input type="checkbox"/>
apples	7	<input type="checkbox"/>
bananas	3	<input type="checkbox"/>
plantains	2 very ripe	<input type="checkbox"/>
pear	1	<input type="checkbox"/>
pomengrante	1 small	<input type="checkbox"/>
celery	2 bunches	<input type="checkbox"/>
lemons	9	<input type="checkbox"/>
limes	5	<input type="checkbox"/>
beetroot	1 small	<input type="checkbox"/>
cucumber	1	<input type="checkbox"/>
fresh ginger	2 big pieces	<input type="checkbox"/>
fresh turmeric root (if avail.)	6 pieces	<input type="checkbox"/>
fresh/frozen mixed berries	2 cups	<input type="checkbox"/>
fresh cilantro	3 bunches	<input type="checkbox"/>
dinosaur kale	2 bunches	<input type="checkbox"/>
fresh parsley	3 bunches	<input type="checkbox"/>
fresh basil	2 tbsp	<input type="checkbox"/>
fresh mint	1 bunche	<input type="checkbox"/>
organic romaine lettuce	2 heads	<input type="checkbox"/>
organic baby arugula	4 cups	<input type="checkbox"/>
organic greens (your choice)	4 cups	<input type="checkbox"/>
fresh veggies (your choice)	4 cups	<input type="checkbox"/>
fruit (your choice)	3 pieces	<input type="checkbox"/>
avocado	3	<input type="checkbox"/>
zucchini	3	<input type="checkbox"/>

FOOD	QUANTITY	
carrots	5	<input type="checkbox"/>
red bell pepper	2	<input type="checkbox"/>
yellow bell pepper	1	<input type="checkbox"/>
garlic cloves	11	<input type="checkbox"/>
portobello mushroom caps	2 large	<input type="checkbox"/>
button mushrooms	4	<input type="checkbox"/>
tomatoes	2	<input type="checkbox"/>
cherry tomatoes	1 cup	<input type="checkbox"/>
young thai coconuts	2	<input type="checkbox"/>
pea shoot sprouts	1 cup	<input type="checkbox"/>
sprouted mix beans/lentils	1 cup	<input type="checkbox"/>
spaghetti squash	1 small	<input type="checkbox"/>
onion	1	<input type="checkbox"/>
cauliflower	1 small head	<input type="checkbox"/>

DRY GOODS

chickpea flour (garbanzo)	1 1/4 cup	<input type="checkbox"/>
sunflower seeds	1/2 cup	<input type="checkbox"/>
chia seeds	1 tbsp	<input type="checkbox"/>
cocoa nibs	1 tbsp	<input type="checkbox"/>
prunes	4	<input type="checkbox"/>
balsamic vinegar	5 tbsp	<input type="checkbox"/>
black strap molasses	2 tsp	<input type="checkbox"/>
maple syrup	5 tbsp	<input type="checkbox"/>
pistachios (optional)	1/3 cup	<input type="checkbox"/>
raw almonds (or almond milk)	1 cup	<input type="checkbox"/>

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DRY GOODS CONT'D

FOOD	QUANTITY	
raw cashews	1 1/3 cups	<input type="radio"/>
raw hazelnuts	1 cup	<input type="radio"/>
raw pumpkin seeds	2 1/4 cups	<input type="radio"/>
nutritional yeast	1 1/4 cups	<input type="radio"/>
hemp hearts/seeds	1 cup	<input type="radio"/>
medjool dates	18	<input type="radio"/>
cooked chickpeas (3 cans)	4 1/2 cups	<input type="radio"/>
tahini	1/2 tbsp	<input type="radio"/>
fresh coconut meat (or cream)	1/2 cup	<input type="radio"/>
coconut aminos	3 tbsp	<input type="radio"/>
raw cocoa powder	1/3 cup	<input type="radio"/>
green lentils	1/2 cup	<input type="radio"/>
dijon mustard	1 tbsp	<input type="radio"/>
black olives	1/3 cup (sliced)	<input type="radio"/>
capers	1 tbsp	<input type="radio"/>
almond butter	4 tbsp	<input type="radio"/>
apple cider vinegar	3 tbsp	<input type="radio"/>
sun-dried tomatoes	1/4 cup	<input type="radio"/>
nut pulp (from HM mylk)	1 1/2 cups	<input type="radio"/>
(otherwise sub with 1 cup raw nuts - <i>almond, cashew, brazil or macadamia work best</i>)		

SPICES

cayenne	1/4 tsp	<input type="radio"/>
ground cinnamon	3 tsp	<input type="radio"/>
dried basil	2 tsp	<input type="radio"/>
dried oregano	2 tsp	<input type="radio"/>
smoked paprika	1 tsp	<input type="radio"/>
pumpkin spice	2 tsp	<input type="radio"/>
<i>(or mix cinnamon/nutmeg/anise)</i>		
ground turmeric	2 tsp	<input type="radio"/>
ground cumin	1 tsp	<input type="radio"/>
Mediterranean herbs	1 tbsp	<input type="radio"/>
<i>(rosemary/thyme/oregano/marjoram etc.)</i>		
dried herbs of choice	1 tsp	<input type="radio"/>
<i>(basil/oregano/thyme..)</i>		

EXTRAS

FOOD	QUANTITY	
plant based protein powder	1 scoop	<input type="radio"/>
probiotics	7 capsules	<input type="radio"/>
<i>(if making yogurt)</i>		
chlorella	1 tsp	<input type="radio"/>
<i>(or sub with spirulina or wheatgrass)</i>		
sprouted english muffin	2 (or bread)	<input type="radio"/>
sprouted grain bread	2 slices	<input type="radio"/>
sprouted grain tortilla	1	<input type="radio"/>
kelp noodles	2 cups (1 pack)	<input type="radio"/>
miso	2 tbsp	<input type="radio"/>
<i>(red or white unpasteurized)</i>		