

WEEK #6 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

- almond mylk (or add to list) [*watch video here](#)
- oatgurt (soak oats in the am)
- choco nut granola
- basic salad

TUESDAY

- soak 3 tbsp of chia in 1 cup of almond mylk
- soak 2 cups of walnuts
- soak 1/2 cup of pecans

WEDNESDAY

- freeze 2 bananas
- almond mylk (or add to list) [*watch video here](#)
- cardamom bliss balls (page 146)

CHECK ON:

- coconut oil (1/2 cup)
- Himalayan sea salt
- extra virgin olive oil
- flax oil
- apple cider vinegar
- black pepper

WEEK #6 shopping list

FRUITS & VEGGIES

FOOD	QUANTITY	
oranges	2	<input type="checkbox"/>
pineapple	1/2 (4 cups)	<input type="checkbox"/>
bananas	3	<input type="checkbox"/>
apple	9	<input type="checkbox"/>
limes	6	<input type="checkbox"/>
lemons	5	<input type="checkbox"/>
fresh/frozen raspberries	1 cup	<input type="checkbox"/>
fresh/frozen blueberries	1 cup	<input type="checkbox"/>
fresh berries of choice	1 cup	<input type="checkbox"/>
beetroots	1	<input type="checkbox"/>
celery	4 ribs	<input type="checkbox"/>
cucumbers	2 large	<input type="checkbox"/>
roamine lettuce	1 head	<input type="checkbox"/>
kale	2 bunches	<input type="checkbox"/>
collard greens	2 leaves	<input type="checkbox"/>
baby arugula	2 cups	<input type="checkbox"/>
fresh spinach	2 cups	<input type="checkbox"/>
fresh cilantro	2 lg. bunches	<input type="checkbox"/>
fresh parsley	1 cup	<input type="checkbox"/>
fresh mint	1 handful	<input type="checkbox"/>
fresh basil	1 sm bunch	<input type="checkbox"/>
fresh ginger	1 large piece	<input type="checkbox"/>
onion	1	<input type="checkbox"/>
garlic	9 cloves	<input type="checkbox"/>
shallots	2	<input type="checkbox"/>
lemon grass	2 pieces	<input type="checkbox"/>

FOOD	QUANTITY	
kefir lime leaves	5	<input type="checkbox"/>
young thai coconuts	2	<input type="checkbox"/>
carrots	8	<input type="checkbox"/>
zucchini	1 large	<input type="checkbox"/>
broccoli	3 cups	<input type="checkbox"/>
yellow turnip	1 large	<input type="checkbox"/>
fresh fennel	1 bulb	<input type="checkbox"/>
tomato	4 medium	<input type="checkbox"/>
sweet potato	1 large	<input type="checkbox"/>
asparagus	1/2 pound	<input type="checkbox"/>
mushrooms	2 1/2 cups	<input type="checkbox"/>
(shiitake, oyster, button, etc.)		

DRY GOODS

raw walnuts	2 1/2 cups	<input type="checkbox"/>
raw brazil nuts	1/2 cup	<input type="checkbox"/>
raw almonds	2 cups	<input type="checkbox"/>
raw cashews	2 cups	<input type="checkbox"/>
raw sunflower seeds	1/4 cup	<input type="checkbox"/>
raw pumpkin seeds	1/4 cup	<input type="checkbox"/>
pecans	1/2 cup	<input type="checkbox"/>
hemp seeds/hearts	1 cup	<input type="checkbox"/>
raw sesame seeds	1 cup	<input type="checkbox"/>
chia seeds	3 tbsp	<input type="checkbox"/>

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DRY GOODS CONT'D

FOOD	QUANTITY	
tahini	2 tbsp	<input type="checkbox"/>
mixed seeds (your choice) (sunflower/chia/flax/pumpkin/hemp/sesame)	2 cups	<input type="checkbox"/>
mixed nuts/seeds (your choice) (walnuts/almonds/pumpkin/chia/flax/etc.)	2 cups	<input type="checkbox"/>
shredded coconut (unsweet)	1 cup	<input type="checkbox"/>
almond butter	10 tbsp	<input type="checkbox"/>
green raisins	1/4 cup	<input type="checkbox"/>
cocoa butter/oil	1/4 cup + 2 tbsp	<input type="checkbox"/>
coconut sugar	3/4 cup	<input type="checkbox"/>
blackstrap molasses	1/4 cup	<input type="checkbox"/>
maple syrup	3/4 cup	<input type="checkbox"/>
cocoa powder	6 tbsp	<input type="checkbox"/>
cocoa nibs (optional)	2 tbsp	<input type="checkbox"/>
coconut milk	4 x 400ml cans	<input type="checkbox"/>
gluten-free oats	3 1/4 cups	<input type="checkbox"/>
gluten-free flour (white spelt)	1/2 cup	<input type="checkbox"/>
nutritional yeast	1 cup + 1 tbsp	<input type="checkbox"/>
dijon mustard (pref. organic)	1/2 tsp	<input type="checkbox"/>
cooked chickpeas (1 can)	1 1/2 cups	<input type="checkbox"/>
long-grain brown rice	1 cup	<input type="checkbox"/>
medjool dates	23	<input type="checkbox"/>
sun-dried tomatoes	1/4 cup	<input type="checkbox"/>
apple juice (pref. fresh)	1/2 cup	<input type="checkbox"/>
coconut water (or nut mylk)	1 cup	<input type="checkbox"/>

SPICES

ground turmeric powder	1 1/2 tsp	<input type="checkbox"/>
ground cinnamon	1/2 tsp	<input type="checkbox"/>
ground cumin	4 tsp	<input type="checkbox"/>
pumpkin spice (can use cinnamon/nutmeg/anise/etc)	2 tsp	<input type="checkbox"/>
cardamom powder	2 tsp	<input type="checkbox"/>
garlic powder	1 tsp	<input type="checkbox"/>
chili powder	1/4 tsp	<input type="checkbox"/>
fennel seeds	1/2 tbsp	<input type="checkbox"/>
yellow curry powder	2 tbsp	<input type="checkbox"/>

EXTRAS

FOOD	QUANTITY	
probiotics	6 capsules	<input type="checkbox"/>
ashwaghandha powder (option)	1 tsp	<input type="checkbox"/>
kelp flakes (optional)	2 tsps	<input type="checkbox"/>
tempeh	1 (8oz) pack	<input type="checkbox"/>
psyllium husk	1 tbsp	<input type="checkbox"/>
vanilla powder (or extrac)	2 tsp	<input type="checkbox"/>