

WEEK #7 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](#)

Save The Pulp

- freeze one banana
- 5-ingredient protein bars (pg.142)
- baked apple crisp with a twist
- slow cooker pear & turnip soup

TUESDAY

- soak 1 cup black beans in 2 cups water (overnight)
- soak 1 cup kidney beans in 2 cups water (overnight)

WEDNESDAY

- [vegan chocolate chili](#)
- chia pudding base (1 serving)

CHECK ON:

- coconut oil
- Himalayan sea salt
- extra virgin olive oil
- coconut almond yogurt
- 6 probiotic capsules
- black pepper

WEEK #7 shopping list

FRUITS & VEGGIES

FOOD	QUANTITY	<input type="checkbox"/>
organic greens (your choice)	4 cups	<input type="checkbox"/>
fresh cilantro	2 bunches	<input type="checkbox"/>
fresh parsley	2 bunches	<input type="checkbox"/>
fresh mint	1 bunch	<input type="checkbox"/>
fresh basil	1 bunch	<input type="checkbox"/>
organic spinach	1/2 cup	<input type="checkbox"/>
kale	1 bunch	<input type="checkbox"/>
cucumber	1	<input type="checkbox"/>
celery	1 bunch	<input type="checkbox"/>
alfalfa sprouts	1	<input type="checkbox"/>
organic romaine lettuce	2 heads	<input type="checkbox"/>
collard green leaves	2	<input type="checkbox"/>
organic baby arugula	2 cups	<input type="checkbox"/>
cauliflower	1 medium	<input type="checkbox"/>
carrots	5 large	<input type="checkbox"/>
avocado	1	<input type="checkbox"/>
fresh veggies (your choice)	4 cups	<input type="checkbox"/>
tomatoes	7	<input type="checkbox"/>
cherry tomatoes	1 handful	<input type="checkbox"/>
zucchini	1 large	<input type="checkbox"/>
brown mushrooms	6 small	<input type="checkbox"/>
portobello cap	1 large	<input type="checkbox"/>
red onion	1 small	<input type="checkbox"/>
sweet or yellow onion	4 medium	<input type="checkbox"/>
garlic	10 cloves	<input type="checkbox"/>
shallot	1 small	<input type="checkbox"/>

FOOD	QUANTITY	<input type="checkbox"/>
corn (frozen)	1 cup	<input type="checkbox"/>
ginger	1 x 8" piece	<input type="checkbox"/>
fresh turmeric root	1 x 3" piece	<input type="checkbox"/>
sweet potatoes	4 medium	<input type="checkbox"/>
plantains	2 ripe ones	<input type="checkbox"/>
lime (optional)	1	<input type="checkbox"/>
lemons	11	<input type="checkbox"/>
apple	4	<input type="checkbox"/>
pear	1	<input type="checkbox"/>
oranges	2	<input type="checkbox"/>
bananas	2	<input type="checkbox"/>
fruit of your choice	6	<input type="checkbox"/>
young thai coconuts	2	<input type="checkbox"/>

DRY GOODS

balsamic vinegar	1 tbsp	<input type="checkbox"/>
apple cider vinegar	2 tbsp	<input type="checkbox"/>
black strap molasses	2 tsp	<input type="checkbox"/>
coconut aminos	3 tbsp	<input type="checkbox"/>
medjool dates	3 - pitted	<input type="checkbox"/>
raw almonds	2 1/4 cups	<input type="checkbox"/>
raw walnuts	2 1/2 cups	<input type="checkbox"/>
mixed raw nuts	1/2 cup	<input type="checkbox"/>
pistachios (optional)	1 tbsp	<input type="checkbox"/>
sunflower seeds	1/2 cup	<input type="checkbox"/>

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DRY GOODS CONT'D

FOOD	QUANTITY	
raw cashews	1/2 cup	<input type="radio"/>
mixed seeds	1/3 cup	<input type="radio"/>
raw pumpkin seeds	1/4 cup	<input type="radio"/>
dried mulberries	2 tbsp	<input type="radio"/>
natural almond butter	1/4 cup	<input type="radio"/>
nutritional yeast	2 cups	<input type="radio"/>
flaxseeds	1/2 cup	<input type="radio"/>
chia seeds	4 tbsp	<input type="radio"/>
cocoa powder (unsweetened)	4 tbsp	<input type="radio"/>
cocoa nibs	1 tbsp	<input type="radio"/>
maple syrup	1/2 cup	<input type="radio"/>
sun-dried tomatoes	1 cup	<input type="radio"/>
oats	1/4 cup	<input type="radio"/>
shredded coconut (unsweet)	1 cup	<input type="radio"/>
white quinoa	1/2 cup	<input type="radio"/>
dry black beans	1 cup	<input type="radio"/>
dry kidney beans	1 cup	<input type="radio"/>
dry red lentils	1/2 cup	<input type="radio"/>

SPICES

garam masala	1 tsp	<input type="radio"/>
ground turmeric powder	2 tsp	<input type="radio"/>
ground cayenne pepper	3 tsp	<input type="radio"/>
chili flakes	1 tsp	<input type="radio"/>
curry powder	1 tsp	<input type="radio"/>
smoked paprika	2 tsp	<input type="radio"/>
ground coriander	2 tsp	<input type="radio"/>
dried oregano	1 tbsp	<input type="radio"/>
ground cinnamon	2 tsp	<input type="radio"/>
ground cumin	3 tsp	<input type="radio"/>
ground cardamom	2 tsp	<input type="radio"/>
black poppy seeds	2 tbsp	<input type="radio"/>
saffron stigmas (optional)	3	<input type="radio"/>
vanilla powder	1 tsp	<input type="radio"/>

EXTRAS

FOOD	QUANTITY	
plain tempeh	3 oz	<input type="radio"/>
sprouted grain bread	2 slices	<input type="radio"/>
plant based protein powder	4 tbsp	<input type="radio"/>
extra dark chocolate (80% +)	1 bar	<input type="radio"/>
coconut almond yogurt	1 cup	<input type="radio"/>