

# WEEK #8 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](#)
- freeze 4 bananas
- [yogi snack mix](#)
- [lemon poppyseed cake balls](#)
- [raw almond coconut yogurt](#) (or add 2 cups non-dairy yogurt to list)
- soak 1 cup cashews

## TUESDAY

- soak 1 cup sunflower seeds (morning)

## WEDNESDAY

- [slow cooker scramble](#)
- almond mylk (or add to list) [\\*watch video here](#)

## CHECK ON:

- coconut oil
- extra virgin olive oil
- hemp oil (optional)
- 6 probiotic capsules
- Himalayan sea salt
- black pepper
- celtic sea salt

# WEEK #8 shopping list

## FRUITS & VEGGIES

FOOD	QUANTITY	<input type="checkbox"/>
organic greens (your choice)	7 cups	<input type="checkbox"/>
fresh veggies (your choice)	2 cups	<input type="checkbox"/>
organic romaine lettuce	1 head	<input type="checkbox"/>
organic baby arugula	2 cups	<input type="checkbox"/>
fresh cilantro	3 bunches	<input type="checkbox"/>
fresh parsley	2 bunches	<input type="checkbox"/>
fresh basil	1 bunches	<input type="checkbox"/>
dinosaur kale	1 bunch	<input type="checkbox"/>
fresh baby spinach	2 cups	<input type="checkbox"/>
collard greens	2 leaves	<input type="checkbox"/>
sprouts	1-2 cups	<input type="checkbox"/>
sprouted greens/kale...	1/2 cup (garnish)	<input type="checkbox"/>
organic romaine lettuce	2 heads	<input type="checkbox"/>
carrots	17	<input type="checkbox"/>
beet	1 small	<input type="checkbox"/>
zucchini	3 large	<input type="checkbox"/>
bell peppers	2	<input type="checkbox"/>
cherry tomatoes	10	<input type="checkbox"/>
zucchini	1 large	<input type="checkbox"/>
organic english cucumber	1 large	<input type="checkbox"/>
fresh broccoli florets	1 cup	<input type="checkbox"/>
mushrooms	6	<input type="checkbox"/>
green peas	1/2 cup	<input type="checkbox"/>
garlic	6 cloves	<input type="checkbox"/>
shallot	2 small	<input type="checkbox"/>
spring onions	2	<input type="checkbox"/>

FOOD	QUANTITY	<input type="checkbox"/>
onion	1 small	<input type="checkbox"/>
lemon	7	<input type="checkbox"/>
lime	2	<input type="checkbox"/>
fresh ginger	1 x 4" piece	<input type="checkbox"/>
avocado	1	<input type="checkbox"/>
apple	2	<input type="checkbox"/>
pear	2	<input type="checkbox"/>
mango	1 ripe	<input type="checkbox"/>
bananas	5	<input type="checkbox"/>
fruit of your choice	5	<input type="checkbox"/>
young thai coconuts	2	<input type="checkbox"/>

## DRY GOODS

sesame seed oil	3 tsp	<input type="checkbox"/>
coconut aminos	2 tsp	<input type="checkbox"/>
maple syrup	1 tsp	<input type="checkbox"/>
organic coconut milk	1 1/2 cups	<input type="checkbox"/>
raw almonds	2 1/4 cups	<input type="checkbox"/>
( 2 cups - for almond mylk - or box of almond milk)		
raw walnuts	2 tbsp	<input type="checkbox"/>
raw cashews	1 1/3 cup	<input type="checkbox"/>
pistachios (chopped)	3 tbsp	<input type="checkbox"/>
mixed nuts	1 cup	<input type="checkbox"/>
(or use 1 1/2 cups of almond pulp)		
raw pumpkin seeds	1/4	<input type="checkbox"/>

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## DRY GOODS CONT'D

FOOD	QUANTITY	
sesame seeds (optional)		<input type="radio"/>
sunflower seeds	2 cups	<input type="radio"/>
medjool dates	5	<input type="radio"/>
tahini	1 tbsp	<input type="radio"/>
natural almond butter	3 tbsp	<input type="radio"/>
dried cranberries (unsweet)	2 tbsp	<input type="radio"/>
prunes	2	<input type="radio"/>
golden raisins	1 tbsp	<input type="radio"/>
raisins (washed)	1/2 cup	<input type="radio"/>
organic white quinoa	1 2/3 cups	<input type="radio"/>
raw sauerkraut	1 cup	<input type="radio"/>
sun-dried tomatoes (chopped)	1/2 cup	<input type="radio"/>
black olives	2 tbsp	<input type="radio"/>
kelp noodles	2 cups (1 pack)	<input type="radio"/>
dried seaweed	1/2 cup	<input type="radio"/>
(or 2 x nori sheets)		

## SPICES

curry powder	1 tsp	<input type="radio"/>
ground turmeric powder	4 tsp	<input type="radio"/>
ground cinnamon	3 tsp	<input type="radio"/>
ground nutmeg	1 pinch	<input type="radio"/>
cumin seeds	1/4 tsp	<input type="radio"/>
cayenne pepper	1/4 tsp	<input type="radio"/>
ground coriander	2 tsp	<input type="radio"/>
ground cardamom (or 3 pods)	1/2 tsp	<input type="radio"/>
saffron (soaked)	1 pinch	<input type="radio"/>

## EXTRAS

FOOD	QUANTITY	
plain tempeh	7 oz (1 pack)	<input type="radio"/>
plant based protein powder	4 tbsp	<input type="radio"/>
hemp protein powder	4 tbsp	<input type="radio"/>
(or use other plant based)		
spirulina powder (optional)	1 tbsp	<input type="radio"/>
organic maca powder	1 tsp	<input type="radio"/>
sprouted grain bread	4 slices	<input type="radio"/>
sprouted grain english muffin	1	<input type="radio"/>
(or 2 slices sprouted grain bread)		
white miso	4 tbsp	<input type="radio"/>
hummus	1 small container	<input type="radio"/>