

SHOPPING LIST

Meal Plan 2: Vegetarian & Gluten Free

VEGETABLES

- 6 cups spinach
- 12 cherry tomatoes
- 3 heads of cauliflower
- 3 ½ yellow onions
- 2 red onions
- 1 can of diced tomatoes
- 1 bunch kale
- 2-3 cups shredded lettuce
- 2 ½ butternut squashes
- 6 carrots
- ½ cup scallion
- 1 small eggplant
- 1 nori sheet
- 1 small jicama
- 14oz bag of edamame
- 1 head of broccoli
- 2 small radishes
- 4 zucchinis
- 1 can artichoke hearts
- 1 yellow summer squash
- 1 bell pepper
- 1 spaghetti squash
- 1 large bunch swiss chard
- 1 15oz can of crushed tomatoes
- 1 15 oz can tomato sauce
- 2 cups green beans
- Vegetables for chips: portabella mushrooms, zucchini, kale, sweet potatoes
- 1 bunch greens of choice (arugula, spinach, etc)
- Other toppings for salads

FRUITS

- 4 bananas
- 5 avocados
- 2 8 oz pack of blueberries/raspberries
- 8 oz pack of red currants
- 8 oz box of pomegranate arils
- 1/3 cup pomegranate juice
- 8 oz pack of blackberries
- ½ cup orange juice
- 1 tablespoon lime juice
- 1 cup 2 tablespoons lemon juice
- 2 lemons for zest and juice
- 2 cucumbers
- 3 oranges
- 2 cups of fresh fruit of choice

GRAINS and LEGUMES

- ½ cup pseudo grains (quinoa, millet, etc)
- 1 cup buckwheat flour
- 1 cup red lentils
- ½ cup non GMO popcorn kernels
- 2/3 cup chickpea flour
- 1 cup brown rice
- ½ cup split peas
- 2 15oz can chickpeas
- ½ cup gluten-free oat flour (or other)
- 1 cup quinoa

MEAT/SEAFOOD/EGGS/CHEESE

- 1 dozen and 3 eggs
- 4 cups chicken broth
- ½ pack of smoked salmon

- 4 oz goat cheese

HERBS AND SPICES

- 2 tablespoons fresh chives
- 1 cup fresh basil leaves
- 4 ½ teaspoons sea salt
- 2 ½ teaspoons black pepper
- 1 teaspoon thyme
- 2 ½ teaspoons cinnamon
- 2 ½ teaspoons curry powder
- 1 ½ tablespoons garlic + 12 garlic cloves
- 5 ½ teaspoons turmeric
- ½ teaspoon coriander
- 5 teaspoons ginger
- 1 teaspoon mustard seed
- 5 teaspoons cumin
- 1 teaspoon paprika
- 1 teaspoon cayenne
- 1 cup + 2 teaspoons cilantro
- 2 cups fresh parsley
- ½ teaspoon dried oregano
- ½ cup mint leaves
- Chili flakes
- 2 teaspoons dried Italian seasoning
- ½ teaspoon Herbamare
- Rosemary

MILK ALTERNATIVES

- 1 cup milk alternative (except rice)
- 1 ½ cup almond milk

NUTS AND SEEDS

- 1 tablespoon chia seeds
- 3 tablespoons almond butter
- 3 tablespoons ground flaxseed
- 1 teaspoon hemp seeds
- 1 cup raw almonds
- 2 cups of raw cashews

OILS

- 2 teaspoons coconut oil
- 2 cups extra virgin olive oil
- ¾ cup coconut manna/butter

OTHER

- 2 ½ teaspoon vanilla
- ½ teaspoon hazelnut extract
- ½ teaspoon almond extract
- 1 cup 70% chocolate chunks
- ½ cup unsweetened coconut flakes
- 1 tablespoon cacao powder
- 2 tablespoons psyllium husk
- 1 teaspoon baking powder
- 4 cups low-sodium vegetable broth
- 1 bag peppermint tea
- 1 bag chamomile tea
- ½ cup + 1 tablespoon coconut cream
- 1 teaspoon baking powder
- 11 tablespoons Further Collagen