SHOPPING LIST 5 DAY VEGAN MEAL PREP

FRESH PRODUCE

- Avocados (1 ripe, 1 unripe)
- Bananas (8 medium-sized)
- Bell Peppers (2 red or yellow)
- Cabbage, purple (1 small)
- Carrots (3 medium)
- Cilantro (1 bunch)
- Garlic, fresh (1 bulb)
- Ginger, fresh (1 inch knob)
- Green Onion (2 stalks)
- Kale (2 bunches)
- Lemon (3 medium)
- Mixed Leafy Greens (1 bunch/bag)
- Fresh Fruits of Choice (5 cups - e.g. berries, apples, pears, oranges, peaches, apricots, nectarines, mangoes)
- Mix of Salad Veggies (4 cups - e.g. bell peppers, carrots, celery, cucumber)
- Onion, red (2 medium-sized)
- Sweet Potatoes (2 large)
- Tomatoes (1 medium)
- Zucchini (1 small)

PANTRY

- Almond Butter (5 tbsp)
- Brown Rice (13 oz / 370 g)
- Chia Seeds (4 tbsp)
- Chickpeas (2 cans (15 oz / 425 g each))
- Coconut Flakes (¼ cup / 20 g)
- Dates (5 (preferably Medjool))
- Diced Tomatoes (1 can (15 oz / 425 g))
- Kidney Beans (1 can (15 oz / 425 g))
- Maple Syrup (3.5 tbsp)
- Raw Shaved Almonds (2 oz / 50 g)
- Rolled Oats (11 oz / 300 g)
- Sesame Seeds (2 tbsp)
- Smooth Natural Peanut Butter (¼ cup / 5 oz / 140 g)
- Tahini (¼ cup / 2 oz / 60 g)
- Walnuts (½ cup / 40 g)
- Whole Grain Bread (10 slices)

FREEZER

- Frozen Blueberries (19 oz / 540 g)
- Frozen Broccoli (16 oz / 450 g)
- Frozen Corn Kernels (4 oz / 110 g)

FRIDGE

- Firm Tofu (14 oz / 400 g block)
- Hummus (1 pack)
- Soy Milk or other Plant Milk (2 cups)

CONDIMENTS

- Chili Garlic Sauce (2 tbsp / 1 oz / 30 ml)
- Soy Sauce (3 tbsp / 2 oz / 50 ml)

SPICES / KITCHEN STAPLES

- Baking Powder
- Cayenne
- Chili Powder
- Cinnamon
- Cumin
- Garlic Powder
- Oregano
- Paprika
- Pepper
- Salt
- Turmeric
- Vegetable Broth / Stock