

# 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 *1/3 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