

GROCERY LIST - WEEK 1 VEGAN

PRODUCE

- Spinach or mixed greens
- Arugula
- Broccoli
- Brussels sprouts
- Zucchini
- Cherry tomatoes
- Cucumbers
- Sweet potatoes
- Carrots
- Celery
- Onion
- Garlic
- Avocados
- Lemons / limes
- Apples
- Berries (fresh or frozen)
- Fresh herbs (parsley, cilantro- optional)

PROTEINS & LEGUMES

- Dry red lentils
- Cooked lentils or canned lentils
- Canned chickpeas
- Black beans
- Shelled edamame
- Firm tofu
- Plant-based protein powder

GRAINS & STARCHES

- Quinoa
- Rolled oats
- Chickpea pasta
- Sprouted grain bread (no white bread)



SEEDS, NUTS & FATS

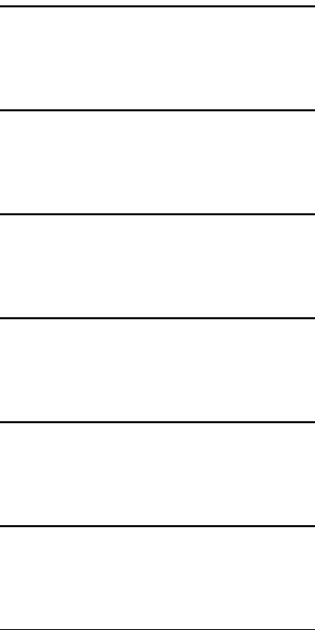
- Chia seeds
- Flax seeds
- Pumpkin seeds
- Hemp seeds
- Almond butter or tahini
- Olive oil
- Coconut milk (full-fat, unsweetened)



PANTRY & EXTRAS

- Sugar-free marinara sauce
- Vegetable broth
- Tamari or soy sauce
- Apple cider vinegar
- Cinnamon
- Turmeric
- Cumin
- Black pepper
- Sea salt

OTHERS



GROCERY LIST - WEEK 1 NON- VEGAN

PRODUCE

Spinach or mixed greens
Arugula
Broccoli
Brussels sprouts
Zucchini
Cherry tomatoes
Cucumbers
Sweet potatoes
Carrots
Celery
Onion
Garlic
Avocados
Lemons / limes
Apples
Berries (fresh or frozen)
Fresh herbs (parsley, cilantro- optional)
Cabbage (for slaw)

PROTEINS & LEGUMES

Dry red lentils
Cooked lentils or canned lentils
Canned chickpeas
Black beans
Shelled edamame
Plant-based protein powder
Salmon fillets
White fish (cod, halibut, haddock, or sole)
Shrimp (peeled, deveined)
Eggs



GRAINS & STARCHES

Quinoa
Rolled oats
Chickpea pasta
Sprouted grain bread (no white bread)
Corn tortillas (optional, can swap lettuce wraps)
Seed-based crackers (no rice cakes)



SEEDS, NUTS & FATS

Chia seeds
Flax seeds
Pumpkin seeds
Hemp seeds
Almond butter or tahini
Olive oil
Coconut milk (full-fat, unsweetened)



PANTRY & EXTRAS

Sugar-free marinara sauce
Vegetable broth
Tamari or soy sauce
Apple cider vinegar
Cinnamon
Turmeric
Cumin
Black pepper
Sea salt

OTHERS



OPTIONAL EXTRAS
Dill or parsley (for fish dishes)
Sesame oil (for bowls or sauces)