

Grocery List

Produce:

- 1 large head cauliflower
- 2 large heads broccoli
- 4 large zucchinis
- 1 red bell pepper
- 4 carrots
- 1 carton raspberries
- 1 onion
- 1 head garlic
- 1 head celery
- 2 pounds cremini mushrooms
- 2 apples
- 2 8 oz bags spinach
- 5 lbs sweet potatoes
- 1 lemon
- 1 banana
- 1 carton blackberries
- 1 kiwi
- 1 orange
- 1 carton strawberries
- 1 pint blueberries
- 1 package cherry or grape tomatoes
- 1 bag baby carrots
- 1 plum
- 1 bag fresh or frozen cherries
- 1 avocado
- 1 bag edamame
- 1 mango

Dry Goods:

- 1 container rolled oats
- 1 bag quinoa
- 2 bags dry green or brown lentils
- 1 bag chia seeds
- 1 bag ground flaxseeds
- 1 bag hemp seeds
- 1 box matcha powder
- 1 box cocoa powder
- 1 box chickpea pasta
- 1 bag almonds
- 1 bag walnuts
- 1 bag mini dark chocolate chips
- 1 container nutritional yeast
- 1 box cornstarch

Refrigerated:

- 1 carton unsweetened soy milk
- 1 container unsweetened soy yogurt
- 1 8 oz block super firm tofu
- 1 8 oz block tempeh
- 1 8 oz package seitan
- 1 bag carb balance tortillas
- 1 carton hummus

Canned + Jarred:

- 1 bottle maple syrup
- 1 bottle reduced sodium teriyaki sauce
- 1 jar almond butter
- 1 jar peanut butter
- 1 jar tahini
- 1 can tomato paste
- 2 cans chickpeas
- 1 can white beans
- 1 can black beans
- 1 jar marinara sauce
- 1 bottle low-sodium soy sauce
- 1 jar salsa

Dry Herbs + Spices:

- ground ginger
- turmeric
- cinnamon
- garlic powder
- dried thyme

Dessert Grocery List:

- 1 bag dry farro
- 1 container vanilla extract
- 1 bag pecans
- 1 carton unsweetened almond milk
- 2 oranges
- 1 box medjool dates
- 1 dark chocolate bar
- 2 banana (slice and freeze one in advance)
- 1 bag frozen cranberries
- 1 bag quick cooking/instant oats
- 1 bag unsweetened shredded coconut
- 1 can chickpeas
- 1 jar cashew butter
- 1 box brown sugar

*not included: salt, pepper, olive oil, ingredients for desserts

*for convenience, you may prefer to purchase one type of fruit for snacks but if you enjoy variety, stick with the apples, plums, and oranges

*on days where you are very active, you may want to double the snack, in which case you would purchase extra of the snack ingredients for that day

Meal Prep Plan

1) Cook quinoa: Add 1 ½ cups dry quinoa and 2 ¾ cups water to a medium-sized pot and bring to a boil. Turn the heat down to low and cook for another 15-20 minutes until all of the water has absorbed and quinoa is fluffy.

*Store quinoa in a large plastic or glass container in the refrigerator. It will last a little over 1 week.

2) Cook lentils: Add 2 cups dry lentils to a large pot filled ¾ of the way with water. Bring to a boil and then reduce heat to medium-low and simmer for 20-25 minutes, until lentils are tender but not falling apart. Drain lentils.

*Store lentils in a large plastic or glass container in the refrigerator. They will last a little over 1 week.

3) Make roasted veggie blend: Find the recipe at lisadrayer.com-- this large batch of roasted veggies will be used throughout the meal plan.

*Store veggies in a few large containers in the refrigerator. They will last a little over 1 week.

4) Make basic overnight oats: Find the recipe at lisadrayer.com-- make three servings of basic overnight oats and then flavor each one the day before according to the meal plan.

*Divide overnight oats into 3 small containers or jars and store in the refrigerator. They will last around 2 weeks.

5) Make basic chia pudding: Find the recipe at lisadrayer.com-- make three servings of basic chia pudding and then flavor each one the day before according to the meal plan.

*Divide chia pudding into 3 small containers or jars and store in the refrigerator. They will last around 2 weeks.

6) Make teriyaki baked proteins: Find the recipe at lisadrayer.com-- these flavorful baked proteins will be used throughout the meal plan.

*Store proteins in small plastic or glass containers in the refrigerator. They will last a little over 1 week.

*Note that the sweet potato lentil shepherd's pie can also be made ahead of time and frozen. The chickpea stuffed sweet potatoes can also be made ahead of time and refrigerated throughout the week.