



## Menu

	Breakfast	Snack	Lunch	Snack	Dinner
Mon	Chocolate, Banana, Peanut Butter Smoothie	Fruit or Vegetable of Your Choice	Greek Salad with Avocado	Nuts/Seeds	Black Bean Quesadillas with Mexican Salad
Tues	Simple Fruit Smoothie	Fruit or Vegetable of Your Choice	Black Bean Quesadillas with Mexican Salad	Nuts/Seeds	Pasta Primavera with Mixed Greens and Cilantro Lime Dressing
Wed	Nature's Path Cereal with Almond Milk	Fruit or Vegetable of Your Choice	Pasta Primavera with Mixed Greens and Cilantro Lime Dressing	Nuts/Seeds	Spicy Peanut Tofu and Spinach Stir Fry with Rainbow Kale Salad
Thurs	Kiwi, Berry, Greens Smoothie	Fruit or Vegetable of Your Choice	Spicy Peanut Tofu and Spinach Stir Fry with Rainbow Kale Salad	Nuts/Seeds	Roasted Vegetables with Avocado Cabbage Slaw
Fri	Nature's Path Cereal with Almond Milk	Fruit or Vegetable of Your Choice	Roasted Vegetables with Avocado Cabbage Slaw	Nuts/Seeds	Pizza with Tangerine and Mango Salad



## Shopping List

### Vegetables

- 2 green bell pepper
- 4 red bell pepper
- 2 orange bell pepper
- 1 bunch cilantro
- 5 tomatoes
- 2 bunch romaine lettuce
- 2 onions
- 1 package mushrooms
- 4 lemons
- 2 limes
- 1 bulb garlic
- 1 zucchini
- 1 small bag carrots
- 1 package fresh basil
- 1 package fresh parsley
- 2 bunch asparagus
- 1 bunch kale
- 1 package baby spinach
- 1 package fresh mint leaves
- 1 small purple cabbage
- 1 package mixed greens
- 2 red onion

### Fruit

- 5 avocados
- 3 oranges
- 1 bag tangerines
- 2 green mangoes
- 1 package fresh or frozen blueberries
- 1 bunch bananas
- 1 package strawberries
- 1 package pineapple (fresh or frozen)
- 1 package mango (fresh or frozen)
- 4 kiwis

### Boxed, canned items and pantry items

- 1 carton almond milk (1 litre)
- 1 package corn tortillas
- 3 cans black beans
- 1 jar sun dried tomatoes
- 1 jar artichokes
- 1 jar green olives
- 1 jar black olives
- 1 bottle oregano
- 2 can crushed tomatoes
- 1 package brown rice pasta
- 1 box gluten free pizza crust
- 1 carton vegetable broth
- 1 jar smooth organic all natural peanut butter
- 1 bottle red wine vinegar
- 1 bottle hot chili garlic sauce
- 1 package of extra firm tofu
- 1 jar salsa
- 1 bag tortilla chips
- 1 box Natures Path Cereal
- 1 canister chocolate protein such as Whey Cool
- 1 bottle Bragg's liquid amino's (or soy sauce)
- 1 jar tumeric
- 1 bottle sea salt
- 1 bottle balsamic vinegar
- 1 bottle red chili powder
- 1 bottle extra virgin olive oil
- 1 bottle ground cumin
- 1 bottle black pepper
- 1 bottle taco seasoning
- 1 bottle garlic powder
- 1 jar coconut oil
- 1 jar raw honey
- 1 package flax seeds
- 1 bottle dijon mustard