

Menu

	Breakfast	Lunch	Dinner
Monday	Chocolate Banana Peanut Butter Smoothie		Eggplant and Polenta Casserole with Mango, Avocado and Walnut Salad
Tuesday	Natures Path Cereal with Almond Milk	Eggplant and Polenta Casserole with Mango, Avocado and Walnut Salad	Tofu Lasagna with Chick Pea Salad
Wednesday	Simple Fruit Smoothie	Tofu Lasagna with Chick Pea Salad	Lentil Chili with Avocado and Cabbage Slaw
Thursday	Kiwi Mango Pineapple Smoothie	Lentil Chili with Avocado and Cabbage Slaw	Portobello and Zucchini Tacos with Mexican Salad
Friday	Natures Path Cereal with Almond Milk	Portobello and Zucchini Tacos with Mexican Salad	Lettuce Wraps with Edamame Salad

Snacks

- Lots of fruits, nuts, seeds, and vegetables (you can dip vegetables in hummus)

Shopping List

Fruits

- 3 bananas
- 1 bag frozen strawberries
- 1 bag frozen or fresh blueberries
- 1 bag frozen pineapple
- 1 bag frozen mango
- 3 kiwis
- 6 avocados
- 1 fresh mango

Vegetables

- 1 large package spinach
- 2 yellow onions
- 17 cloves garlic
- Fresh basil
- 1 medium eggplant
- 4 medium portobello mushrooms
- 2 zucchinis
- 4 Lemons
- 4 Tomatoes
- 3 red bell peppers
- 1 green bell pepper
- 3 red onions
- 1 package mushrooms
- 1 small package carrots
- 1 bunch cilantro
- 1 can water chestnuts
- 1 bunch romaine lettuce
- 1 package mixed baby greens
- 1 small red cabbage
- 1 package edamame
- 1 bunch broccoli
- 1 piece ginger
- 1 lime
- 1 small bunch parsley

Canned and Boxed Goods

- 1 canister Chocolate protein (Whey Cool or Ultra Lean)
- 1 box Natures Path cereal
- 1 carton Almond milk
- 4 - 14 Oz can diced tomatoes
- 1 log polenta
- 1 box Corn taco shells
- 1 jar Fresh salsa
- 2 (14-ounce) package firm tofu
- 1 jar vegan marinara sauce
- 1 package rice lasagna noodles
- 1 box low-sodium vegetable broth
- 1 (16-ounce) package brown lentils
- 1 small package peanuts
- 1 small jar miso (without msg)
- 1- 15 oz can garbanzo beans
- 1 - 15 oz can black beans
- 1 bag corn tortilla chips

Pantry Items

- 1 bottle extra virgin olive oil
- 1 package walnuts
- 1 bottle raw honey
- 1 bottle soy sauce
- 1 bottle rice vinegar
- 1 bottle sesame oil
- 1 bottle mustard
- 1 jar turmeric
- 1 jar chili powder
- 1 bottle coconut oil
- 1 jar garlic powder
- 1 jar dried oregano
- 1 jar ground cumin
- 1 jar taco seasoning (we use blend-it-up brand)
- 1 bottle sea salt
- 1 bottle black pepper
- 1 bottle balsamic vinegar
- 1 bottle italian seasoning
- 1 package flax seeds
- 1 bottle grape seed oil
- 1 jar peanut butter