



Menu

	Breakfast	Snack	Lunch	Snack	Dinner
Mon	Chocolate, Banana, Peanut Butter Smoothie	Handful of Almonds	Rainbow Kale Salad	Apple	Mushroom and Spinach Lasagna with Mango Avocado Walnut Salad*
Tues	Simple Fruit Smoothie	Apple	Mushroom and Spinach Lasagna with Simple Garden Salad	Veggies (bell peppers, celery, broccoli, etc) with Hummus	Lentil Chili with Cucumber, Tomato, Avocado Salad
Wed	Nature's Path Cereal with Almond Milk	Veggies (bell peppers, celery, broccoli, etc) with Hummus	Lentil Chili with Mixed Greens Salad	Handful of Berries	Enchiladas with Spicy Black Bean Soup
Thurs	Chocolate, Banana, Peanut Butter Smoothie	Handful of Berries	Enchiladas with Spicy Black Bean Soup	Handful of Almonds	Eggplant Parmesan with Avocado Cabbage Slaw*
Fri	Nature's Path Cereal with Almond Milk	Pear	Eggplant Parmesan with Simple Garden Salad	Handful of Nuts/Seeds	Pizza with Red Pepper & Kale Soup*
Sat	Kiwi, Mango, Pineapple Smoothie	Handful of Nuts/Seeds	Pizza with Mixed Green Salad	Veggies (bell peppers, celery, broccoli, etc) with Hummus	Mushroom and Bell Pepper Stir-Fry Noodle with Mango Salad
Sun	Berry, Kiwi, Banana, Kale Smoothie	Veggies (bell peppers, celery, broccoli, etc) with Hummus	Mushroom and Bell Pepper Stir-Fry Noodle with Mango Salad	Banana	Collards with Red Lentils and Grilled Asparagus



Shopping List

Vegetables

- 2 bunch asparagus
- 1 package baby spinach
- 1 bunch broccoli
- 1 small package carrots
- 1 bunch celery
- 1 bunch cilantro
- 1 bunch collards greens
- 1 cucumber
- 1 eggplant
- 24 cloves garlic
- 1 piece ginger
- 4 green bell peppers
- 2 jalapenos
- 1 bunch kale
- 1 package mixed greens
- 21 mushrooms
- 6 onions
- 4 red bell pepper
- 1 small head of red cabbage
- 3 red onions
- 1 bunch scallions
- 1 package shitake mushroom
- 1 package basil

Fruits

- 6 apples
- 5 avocados
- 5 bananas
- 1 package frozen blueberries
- 1 package frozen mango
- 1 package frozen pineapple
- 1 package frozen strawberries
- 2 green mangoes
- 4 kiwis
- 4 lemons
- 1 lime
- 1 ripe mango
- 1 pear
- 1 package strawberries
- 6 tomatoes

Boxed and canned items

- 1 box almond milk (1 litre)
- 1 can black beans
- 1 package corn tortillas
- 1 can crushed tomatoes
- 4 cans diced tomatoes
- 1 box gluten free pizza crust
- 2 jars marinara sauce
- 1 box nature's path cereal
- 1 can refried black beans
- 1 package rice lasagna noodles
- 1 box rice noodles
- 1 can tomato sauce
- 3 box vegetable broth (3 litres)
- 1 can yellow corn

Pantry Items

- 1 package almonds
- 1 jar artichoke hearts
- 1 jar black olives
- 1 bottle black pepper
- 1 bottle Bragg's liquid amino's
- 1 package lentils
- 1 package cashews
- 1 canister chocolate protein
- 1 bottle extra virgin olive oil
- 1 bottle garlic powder
- 1 bottle grape seed oil
- 1 bottle ground cumin
- 1 package ground flax seed
- 1 bottle Italian seasoning
- 1 jar organic peanut butter
- 1 package pumpkin seeds
- 1 large package quinoa
- 1 bottle red chili powder
- 1 bottle sea salt
- 1 bottle sesame oil
- 1 bottle Sriracha sauce
- 1 package sunflower seeds
- 1 bottle taco seasoning
- 1 package walnuts