

5-Day Vegan Weight Loss Challenge: Shopping List

Spices &

Condiments:

- Sriracha Sauce
- Garlic Powder
- Himalayan Salt
- Black Pepper
- Cayenne Pepper
- Chili Powder
- Coconut Sugar
- Cumin
- Onion Powder
- Italian Seasoning
- Crushed Red Pepper Seeds
- Dijon Mustard
- Nutritional Yeast
- Organic Salsa
- Coconut Aminos or GF Soy Sauce
- Apple Cider Vinegar

Nuts & Seeds:

- Hemp Seeds
- Almond Butter
- Tahini
- Raw Cashews (2 cups)
- Raw Pine Nuts (2 tbs)
- Chia Seeds, Optional
- Walnuts or Pecans, Optional

- Unsweetened Almond Milk, 2
- Unsweetened Cashew Milk
- Cacao Powder
- Maple Syrup
- Powdered Peanut Butter

Other:

- 1, 28 oz can fire roasted tomatoes
- 1, 15 oz can garbanzo beans
- 2, 15 oz can black beans
- 2, 15 oz can kidney beans
- Vegetable Broth, Low-Sodium (6 Cups)
- Quinoa (1 cup)
- Brown Rice (½ cup)
- GF Penne Pasta (8 oz)

Fresh Produce:

- 1 lb Medjool Dates
- 13 Bananas
- 1 Pint Fresh Raspberries
- 1 Box/Bag Spinach, Small
- 1 Head Curly Kale
- Romaine Lettuce, 2 large heads
- 1 Apple
- 3 Avocados
- 1 Cucumber
- 1 Red bell pepper
- 2 Large Zucchini
- 1 Pint Grape Tomatoes
- 2 Yellow Onions
- 1 Red Onion
- 1 Spaghetti Squash
- 4 or 5 Lemons
- 1 or 2 Limes
- Fresh Garlic, 2

- Fresh Basil
- 5 Large Sweet Potatoes
- 5 Large Russet Potatoes

Frozen Items:

- Frozen Strawberries (small bag)
- Frozen Blueberries (small bag)
- Frozen Mango (small bag)
- Frozen Broccoli (2 cups)
- Frozen Vegetable Stir-Fry Blend (2 cups)
- Frozen Corn (non-gmo)