

7-day Veggie Challenge Shopping List

To get you started on your plant-based journey, we have put together a shopping list. Below are the ingredients required for 2-3 servings for the featured recipes that you will receive daily in your inbox from us (there is also a version of this list for 4-6 servings). The referenced recipes are written in italics. Feel free to substitute ingredients or skip recipes (especially if you plan to dine out or order-in for some of the meals). Note: Ingredients for the additional recipes suggested in email links (and included in the print version) are not part of the list below.

Fruits

- 5 +/- pieces of fruit (e.g: banana, orange, apple, berries) – *Green smoothies, breakfast or snacks*
- 1 lemon – *Tahini Sauce*
- 1 orange – *Spinach & Lentil Salad and Dressing*
- 1 lime – *Mexican Black Beans, Guacamole*
- Raisins or other dried fruit – *breakfast oatmeal, snacks*

Veggies

- 1 avocados (or more for lunches) – *Guacamole*
- 1 cucumber – *Hummus Sandwich*
- 3 tomatoes (or more for lunches) – *Dhal, Guacamole, Pasta*
- 1 ½ heads broccoli – *Pasta, Rice Bowl, Stir Fry*
- 2 carrots (or more for snacks) – *Stir Fry, Miso Soup*
- 2 sweet potatoes – *Saturday brunch*
- ½ cup (75 g) mushrooms – *Risotto*
- ½ cup (70 g) fresh shiitake mushrooms, or other – *Stir Fry*
- 1 bulb of garlic (enough for about 5 cloves of garlic) – *Pasta, Tahini Sauce, Sautéed Greens, Black Bean Soup*
- 1 large yellow onions – *Dhal, Risotto*
- 1 ½ medium yellow onions – *Stir Fry, Black Bean Soup*
- ½ red onion – *Mexican Black Beans*
- ½ bunch of green onions – *Miso Soup (for Sunday brunch)*
- ½ red pepper – *Mexican Black Beans*
- ½ green pepper – *Mexican Black Beans*
- 1 small head of lettuce – *Green Smoothie, Hummus Sandwich, Mexican Black Beans*
- 1 small bunch of fresh spinach – *Spinach & Lentil Salad*
- 1-2 bunches of greens (kale, broccoli, bok choy, spinach, collards, rapini, etc.) – *Green Smoothie, Rice Bowl, Sautéed Greens*
- 1 small bunch (100 g) asparagus or green beans – *Risotto*
- ½ bunch of cilantro – *Black Bean Soup*
- ½ bunch of parsley (optional) – *Pasta, Risotto*
- ½ red or green chili pepper (optional) – *Black Bean Soup*
- Sprouts (sunflower, alfalfa, pea, etc.), optional – *Green Smoothies*

Beans / Lentils

- 1 (4oz/115g) package of hummus – *Hummus Sandwiches*
- ½ cup (100 g) dry red lentils – *Dhal*
- ½ cup (115 g) brown or green lentils (from a can or cook from dry lentils) – *Spinach & Lentil Salad*
- 10 oz (270 g) black beans (from a can or cook from dry beans) – *Mexican Black Beans*
- 1 (15 oz / 425 g) cans black beans – *Black Bean Soup*
- 10 oz (270 g) chickpeas, drained and rinsed (from a can or cook from dry chickpeas) – *Risotto*
- ½ package (at least 60 g) tofu – *Miso Soup (Sunday brunch)*

Dairy cooler

- 1 container of plant-based milk or yogurt – *breakfasts*
- ¼ cup (35 g) Daiya cheese (optional) – *Mexican Black*

Grains / Bread / Cereal

- 1 loaf of whole grain or gluten-free bread – *Hummus Sandwich, breakfast toast, lunches*
- 1 small package of whole grain wraps (or collards greens) – *lunches*
- 1 box of whole-grain or gluten-free cereal – *breakfasts*
- 1 package (1 cup) rolled or quick oats – *breakfasts*
- 1 package pancake mix or whole grain waffles – *weekend brunch*
- ½ lb (225 g) your choice of whole-grain pasta – *Pasta*
- 3 cups (550 g) brown rice – *Rice Bowl, Risotto*
- 1 cups (185 g) brown basmati rice – *Basmati Rice*
- 8 corn tacos or tortillas – *Mexican Black Beans*

Nuts / Seeds

- 2 Tbsp (20 g) pine nuts – *Pasta*
- ½ cup (80 g) sunflower seeds – *Rice Bowl*
- ½ cup (60 g) walnuts (or more for snacks) – *Stir Fry*
- 1 Tbsp almond slivers – *Spinach & Lentil Salad*

Jars / Bottles / Cans

- Nut butter – *Breakfast with toast*
- Tahini – *Tahini Sauce or on toast*
- ½ (14 oz / 400 g) can diced tomatoes – *Pasta*
- 1 Tbsp salsa (mild, medium or hot) – *Mexican Black Beans*
- ½ Tbsp Indian curry paste (medium or hot) – *Dhal*
- Soy sauce – *Stir Fry, Sautéed Greens*
- 4 Tbsp olive oil (extra virgin) – *several recipes*
- 1 ½ Tbsp oil – *Dhal, Stir Fry*
- ½ Tbsp balsamic vinegar – *Spinach & Lentil Salad*

Spices / Seasonings

- Salt and Pepper
- Oregano or basil – *Risotto*
- Chili powder – *Pasta*
- ½ Tbsp ground cumin – *Black Bean Soup*
- ½ Tbsp Dijon mustard – *Spinach & Lentil Salad*
- 2 Tbsp (30 g) Mexican seasoning (Frontier Organics, El Paso package) – *Mexican Black Beans*
- ½ vegetarian soup stock cube – *Chickpea Risotto*
- Cinnamon stick (optional) – *Dhal*

Other / Natural foods

- ¼ cup (60 g) miso – *Miso Soup (for Sunday brunch)*
- 6 black olives, pitted – *Hummus Sandwich*
- ½ Tbsp cornstarch (optional) – *Stir Fry*
- 1 sheet dried nori seaweed (optional) – *Miso Soup*
- ½ to 1 scoop of Vega (optional) – *Green Smoothie*
- Maple syrup (optional) – *breakfast oatmeal, brunch*
- ½ package of veggie burgers or sandwich 'meats' (optional) – *lunches*