

OC|FIT

VEGAN MEAL PLAN

WEEK 1

DAY 1:

AVOCADO TOAST W/SLICED TOMATOES
RAINBOW COLLARD WRAPS
ONE PAN PASTA

DAY 2:

CHIA SEED PUDDING
CAULIFLOWER & CHICKPEA CURRY W/ COCONUT RICE
GODDESS SALAD

DAY 3:

TOFU SCRAMBLE
CHAR BAKED EGGPLANT, TOMATOES & ZUCCHINI
VEGAN CLTA

DAY 4:

ENLIGHTEN SMOOTHIE BOWL
CHICKPEA "TUNA" SALAD SANDWICH
BLACK BEAN MEAT LOAF W/ MASHED SWEET POTATOES

DAY 5:

GRAB & GO BREAKFAST COOKIES
SUMMER GREEN SALAD
BRUSCHETTA HUMMUS STUFFED ZUCCHINIS

DAY 6:

GREEN SMOOTHIE
EASY QUINOA LUNCH BOWLS
VEGAN BURRITO BOWL

DAY 7:

VEGAN FREEZER BURRITOS
CHERRY TOMATO STUFFED AVOCADO
VEGAN FAJITAS

DAY 1- BREAKFAST

Avocado Toast with Sliced Tomatoes (makes 2 slices)

Ingredients:

- 1 Ripe Medium Avocado
- 10 cherry Tomatoes
- 2 pieces of Gluten Free Bread
- Spike Seasoning

Instructions:

1. Cut open avocado and place in bowl. Use fork to roughly mash avocado.
2. Toast bread to your liking (crunchier the better).
3. Slice tomato into thin slices (if using cherry tomatoes, cut in half lengthwise).
4. Place toast on plate and use fork to put the mashed avocado on each piece equally and place the tomato slices on top. Sprinkle Spike Seasoning to taste on top. Enjoy!

DAY 1- LUNCH

Rainbow Collard Wraps (makes 2 wraps)

Ingredients:

- 2 collard leaves
- ½ cup basil pesto hummus (or any kind you prefer)
- 10 asparagus spears, roasted or raw
- ½ cup cucumber, peeled and sliced into short thin strips
- 1-2 carrots, peeled and sliced into short thin strips
- ½ cup zucchini, sliced into short thin strips
- ½ cup radish, sliced into short thin strips
- ½ cup purple cabbage, sliced thin
- Handful of sprouts



Instructions:

1. Wash and dry collard leaves and then use a paring knife to shave down the stems. This will make them much easier to fold.

2. Place collard leaves on a flat surface, spread ¼ cup of hummus near the top/middle of each leaf, fill each leaf with the remaining veggies, splitting each amount between the two wraps. Wrap the leaves as you would a burrito. Cut each wrap in half and enjoy.

DAY 1- DINNER

One Pan Pasta (makes 3 to 4 servings)

Ingredients:

- 1 lb dried pasta (GLUTEN FREE- buckwheat, quinoa, brown rice, etc)
- “glug” extra virgin olive oil (eyeball it)
- 1 package chopped cherry tomatoes (can use any size; yield about 2 cups\)
- 1 yellow onion, chopped
- 3 cloves garlic, chopped
- handful of basil leaves, plus any other fresh herbs you choose
- salt, pepper, & red pepper flakes to taste

Instructions:

1. Place all ingredients into pan and add enough water to cover the pasta.
2. Heat pan to boiling, then reduce to simmer until pasta is al dente. Check pasta package for specific timing.
3. Serve & enjoy!

DAY 2- BREAKFAST

Chia Seed Breakfast Pudding (Make the night before)

Ingredients:

FOR THE CHIA PUDDING:

- 3 cups unsweetened almond or coconut milk
- 1/2 cup chia seeds
- 1-3 tablespoons of pure maple syrup, to taste

SUGGESTED TOPPINGS:

- Granola
- Fresh fruit like peaches, berries, etc.
- Coconut flakes
- Pure maple syrup
- Cinnamon
- Nuts and seeds



Instructions:

1. Whisk the almond milk, chia seeds, and sweetener together in a large bowl. Let sit for 5-10 minutes and then whisk again (this just helps prevent clumping).
2. Cover and chill in the fridge for 2.5-3 hours, or overnight. It helps to stir the mixture every so often during this time, but don't worry if you can't.
3. Stir well before serving. Portion into bowl(s) and add your desired toppings. Leftovers will keep in an air-tight container in the fridge for 3-5 days.

DAY 2- LUNCH

Goddess Salad

Ingredients:

- 1 cup mixed salad blend
- ½ avocado
- ½ cup shredded carrots
- ½ cup shredded purple cabbage
- 2 to 4 tablespoons roasted sunflower seeds (salted or unsalted)
- 2 to 3 tablespoons Annie's Lite Goddess dressing (it is Gluten Free and Vegan)
- 1 to 2 tablespoons capers (optional but delicious)

Instructions:

1. Mix all ingredients together in a large bowl and enjoy! Double the recipe to enjoy with a loved one.

DAY 2- DINNER

Cauliflower and Chickpea Curry with Coconut Rice

Ingredients:

CURRY:

- 1 teaspoon coconut oil
- ½ yellow onion, chopped
- 1 clove of garlic, minced
- 1 tablespoon minced ginger
- 1 head of cauliflower, cut into florets
- 1 can (15-ounce) of chickpeas (garbanzo beans)
- 1 can canned chopped tomatoes
- 1 large sweet potato, peeled and diced
- 1 can light coconut milk (you can also use 1 cup unsweetened coconut milk you find in the dairy aisle)
- 1 cup vegetable broth
- 1 tablespoon garam marsala
- ½ tablespoon curry powder
- 1 teaspoon salt
- 1 cup chopped spinach (optional)
- Optional toppings: chopped fresh basil, crushed peanuts or cashews

COCONUT RICE:

- 1 ½ cups uncooked brown basmati rice
- 1 can light coconut milk
- ½ cup water
- ¼ teaspoon salt

Instructions:

To make the curry:

1. Heat the coconut oil in a large stockpot on medium heat and sauté onions, garlic, and fresh ginger for about 7 minutes (will be very fragrant and onions will be translucent).
2. Add cauliflower and let cook for another 5 minutes.
3. Add all of the ingredients, except for the spinach, and mix well.
4. Once the mixture starts to simmer, cover with a lid and let cook for 30 to 45 minutes.
5. Add spinach 10 minutes before it's finished cooking.

To make the rice:

1. Add the rice, coconut milk, water and salt to saucepan. Heat on high, bringing to a boil. And then cover, reduce heat to low, and simmer for about 40 minutes (should be done by the time the curry is done).
2. Serve curry on top of rice. Top with peanuts, cashews, or basil. Enjoy! ☺

DAY 3- Breakfast

Tofu Scramble (Makes 2 servings)

Ingredients:

- 2 tbsp olive oil
- 3/4 cup sliced fresh mushrooms
- 2 tomatoes
- 2 cloves garlic, minced
- 1 bunch spinach, rinsed
- 1 pound firm or extra firm tofu, well pressed and crumbled
- 1/2 tsp Braggs Liquid Aminos (soy sauce will also work)
- 1 tsp lemon juice (preferably fresh)
- Salt and pepper to taste

Instructions:

1. Sautee tomatoes, garlic and mushrooms in olive oil for 2 to 3 minutes.
2. Reduce heat to medium low and add spinach, crumbled tofu, soy sauce and lemon juice. Cover and cook for 5 to 7 minutes, stirring occasionally.
3. Sprinkle with a dash of salt and pepper before serving.

DAY 3- LUNCH

Vegan CLTA (Cucumber Lettuce Tomato Avocado)

Ingredients:

- 2 slices Gluten Free Bread
- 1/4 cucumber, sliced
- 1/2 medium tomato, sliced
- 2 collard leaves or kale or chard or a handful of salad mix
- 1/2 avocado, sliced
- 1/2 handful of sprouts (optional)
- Condiments to use: vegan mayo (Veganaise, Just Mayo, etc), mustard, vegan ranch

Instructions:

1. Create a classic CLTA by putting your favorite vegan condiments on each side of bread and stacking the ingredients in layers. Serve with a side of fresh fruit.

DAY 3- DINNER

Char Baked Eggplant, Tomatoes, and Zucchini

Ingredients:

- 2 tablespoons Coconut oil
- 1 onion, peeled and sliced
- 5 small tomatoes, thinly sliced
- Coarse salt and freshly ground black pepper
- 1 small eggplant, about 6 inches long, thinly sliced crosswise
- 2 zucchini, about 5 inches long, thinly sliced lengthwise
- 2 garlic cloves, thinly sliced
- 1/2 teaspoon fresh thyme leaves

Instructions:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Pour some of the olive oil to cover the bottom of a 9 x 13-inch rectangular or 12-inch oval baking dish. Layer in half of the onion slices and one third of the tomatoes. Generously sprinkle with salt and pepper. Add a layer of eggplant and sprinkle on more salt. Add another third of the tomatoes, the zucchini, garlic, thyme, and the remaining onions. Top with the remaining tomatoes. Press down on the mixture with your hands. Pour over the remaining olive oil. Season generously with salt and pepper. (Don't worry. The vegetables will be piled high but collapse as they cook.)
3. Bake uncovered for 1 1/2 hours. After 45 minutes, press the mixture down firmly with a spatula. The vegetables should be reduced in height, and should be brownish black and caramelized, almost charred in places. Return to the oven to finish roasting. Let cool for at least 10 minutes, so the mixture can solidify a bit. Cut into squares and serve.

DAY 4- BREAKFAST

Enlighten Smoothie Bowl

Ingredients:

- 1 1/2 cups berry mix **or** frozen fruit mix of choice
- 2 tablespoons almond butter **or** 1 scoop vegan protein powder, optional.
- 1/2 cup water
- 3 – 4 ice cubes



Some optional toppings:

- granola
- coconut
- cacao nibs
- blueberries
- strawberries
- kiwi
- goji berries
- chia seeds
- pomegranate seeds
- almonds

Instructions:

1. In blender, place berry mix, almond butter, water and ice cubes.
2. Blend until thick and creamy.
3. Pour into serving dish and top with whatever toppings you like. Serves one.

DAY 4- LUNCH

Chickpea “Tuna” Salad Sandwich

Ingredients:

- 15 oz. can chickpeas, rinsed and drained
- 3 stalks celery with leaves, finely chopped
- 2 tsps. kelp or dulse or seaweed flakes (optional)
- 1 tsp. Spike seasoning (to taste)
- 2 TBS vegan mayonnaise
- 2 slices Gluten Free Bread

- Optional additions: sliced avocado, alfalfa sprouts, tomatoes, romaine lettuce.

Instructions:

1. Mash the chickpeas so that hardly any whole ones remain. Add all ingredients and mix well.
2. Serve the chickpea “tuna” on the bed with whatever toppings or additions you would like. This is also a great addition to any salad.

DAY 4- DINNER

Black Bean “Meat Loaf” with Mashed Sweet Potatoes (serves 4)

Ingredients:

BLACK BEAN “MEAT” LOAF:

- 2 cans black beans, rinsed
- 1.5 cups quick oats (GLUTEN FREE)
- 1 red bell pepper, chopped.
- 1 carrot, chopped or grated.
- 1 small onion, minced
- 1 clove garlic, minced
- 1 tbsp Braggs liquid aminos
- 1 tsp cumin
- 3 tbsp ketchup (opt)
- Black pepper, to taste
- Water for sautéing.

MASHED SWEET POTATOES:

- 2 lbs. medium sweet potatoes (about 3 to 4), peeled, cut into cubes
- Hot water
- ½ tsp. sea salt (or Himalayan salt), *divided use*
- 1 cup non dairy milk (coconut preferred)
- 1 Tbsp. finely chopped fresh thyme, reserve a small amount for garnish
- Ground black pepper (to taste; optional)

Instructions:

BLACK BEAN LOAF:

1. Pre-heat oven to 350F.
2. In a medium pan, sauté the onions until translucent then add the garlic, pepper and carrot. Cook for about 5-6 minutes, until softened.
3. In a large bowl, combine the black beans, oats and all seasonings. Add in the veggies that you sautéed and mash with a potato masher or fork until well combine but not mushy, If it isn't moist enough add water and if too moist add oats until it holds together.
4. Spoon “dough” into a parchment paper lined loaf pan and bake for about 30 minutes, until it has developed a nice crust.

MASHED SWEET POTATOES:

1. Place sweet potatoes in medium saucepan. Cover with water. Add ¼ tsp. salt. Bring to a boil over medium-high heat. Reduce heat to medium-low; cook for 15 to 20 minutes, or until tender. Remove from heat. Drain water from sweet potatoes and place in a medium bowl.
2. Add ½ cup non dairy milk; mash with a potato masher.
3. Add additional non dairy milk 2 Tbsp. at a time, until desired consistency is reached. Season with thyme, remaining ¼ tsp. salt, and pepper; mix well.

4. Garnish with thyme, if desired. Serve slices of the black bean loaf on top of the mashed potatoes. Enjoy!

DAY 5- BREAKFAST

Grab & Go Breakfast Cookies (make in advance; makes 8 cookies)

Ingredients:

- 2 medium, very ripe bananas (approximately 6 1/2 oz)
- 1 cup rolled oats (GLUTEN FREE)
- 1/4 cup pumpkin seeds
- 1/4 cup shredded coconut
- 1/4 cup currants or raisins
- 1 Tablespoon chia seeds
- ½ teaspoon cinnamon
- Pinch salt



Instructions:

1. Preheat the oven to 345F (310F fan forced).
2. Line a baking tray with paper and set aside.
3. In a small bowl, mash the banana until smooth. Set aside.
4. Combine the remainder of the ingredients in a large bowl.
5. Add the mashed banana to the dry ingredients.
6. Mix well to ensure all of the dry ingredients are coated with the banana.
7. Let the mixture stand for five minutes to absorb the moisture from the banana. (very important!)
8. Take a scant ¼ cup of the mixture and press it together to form a solid round cookie. If the mixture does not hold together, wait a few minutes and try again.
9. Place the cookie on the lined tray and pat gently until it is about 2 ¾ inches wide and ½ inch high. These cookies will not spread in the oven, so the shape on the tray is the shape of the finished cookie.
10. Repeat with the remainder of the mixture.
11. Bake for 15 – 20 minutes, or until the cookies are golden.
12. Remove from the oven, then transfer to a rack to cool completely.
13. Keep for up to two days in an airtight container, or freeze until required.

DAY 5- LUNCH

Summer Garden Salad (serves 2)

Ingredients:

- 2 cucumbers, chopped
- 1 lbs cherry tomatoes, chopped
- 1 clove garlic, minced
- ½ yellow bell pepper, chopped
- 5 oz radishes, sliced thin
- ½ red onion, diced very small
- 1 package salad mix (about 2 cups)
- 2 teaspoons fresh lemon juice
- 2 tablespoons cup extra virgin olive oil
- ¼ cup chopped fresh parsley
- sea salt & pepper to taste

Instructions:

1. Whisk vinegar, oil, garlic, salt, pepper, and parsley.
2. Very gently toss all chopped vegetables in a bowl with vinegar mixture.
3. Let sit 10 minutes, and serve

DAY 5- DINNER

Bruchetta Hummus Stuffed Zucchini (makes 6)

Ingredients:

- 3 medium zucchini, ends trimmed and cut in half lengthwise
- ¾ cup Sabra Basil Pesto Hummus
- 2 cups halved grape tomatoes
- ¼ cup sliced red onion
- 2 tablespoons chopped fresh basil
- 1 tablespoon + more for topping extra virgin olive oil
- 2 teaspoons fresh lemon juice
- salt and pepper
- ¼ cup panko breadcrumbs

Instructions:

1. Preheat oven to 350 degrees.
2. Place zucchini in a baking dish with a little bit of water on the bottom and bake for about 20 minutes, flesh side up until softened enough to scoop out the insides.
3. Meanwhile, combine the tomatoes, onion, basil, olive oil, vinegar, salt and pepper in a small bowl and toss together.
4. Hollow out the middle of each zucchini half once cooled enough to handle and discard flesh.
5. Spoon the hummus (about 2 tablespoons per zucchini half) into the hollowed out cavity.
6. Top with the tomato mixture then sprinkle the panko on top.
7. Lightly drizzle the panko topping with more olive oil and return to the oven for about 10 minutes. Raise heat to broil for the last 2-3 minutes to just slightly brown the top.
8. Remove and serve.

DAY 6- BREAKFAST**Green Smoothie****Ingredients:**

- 1 banana (I like to use a frozen banana)
- 2 Tbsps. - ¼ cup of oats
- 2 dessertspoonfuls of peanut butter (natural unsweetened peanut butter is best)
- 1 large handful of spinach
- 280ml / 1.2 cups of unsweetened almond milk
- A drizzle of maple syrup, to taste (optional)

Instructions:

1. Blend all ingredients until completely smooth.
2. **(*if you get hungry, eat a handful of raw almonds)**

DAY 6- LUNCH**Easy Quinoa Lunch Bowls (serves 2)**

Ingredients:

- ⅔ cup quinoa
- one red onion, chopped
- 1 Tablespoon olive oil
- two small zucchini, sliced
- 1 cup frozen corn kernels, thawed
- salt and pepper
- ¼ cup nutritional yeast
- ½ teaspoon mustard powder
- ½ teaspoon cumin
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- red pepper flakes
- one avocado, sliced

Instructions:

1. Cook the quinoa according to package instructions.
2. While the quinoa is cooking, sauté the red onion and zucchini in the olive oil. After about 7-8 minutes of cooking, add the corn. Stir and cook until heated through. Season with salt and pepper.
3. Once the quinoa is cooked, add the nutritional yeast, cumin, garlic powder, salt, and pepper. If the quinoa seems too dry, add a tablespoon or two of water and stir.
4. Spoon the quinoa into bowls. Top with the sautéed vegetables and sliced avocado. Season with more salt, pepper, and red pepper flakes if desired.

DAY 6- DINNER**Vegan Burrito Bowl (serves 4)****Ingredients:**

FOR THE RICE:

- 2 tablespoons olive oil
- ½ yellow onion, minced
- 3 cloves garlic, minced
- 1 (15 oz) can chopped tomatoes w/green chiles
- ¼ jalapeño, chopped
- 1 cup brown rice
- 1½ cups vegetable broth
- ½ teaspoon cumin
- ¼ teaspoon coriander
- ½ teaspoon oregano
- Salt and Black Pepper to taste

FOR THE BEANS:

- 1 tablespoon olive oil
- ¼ cup chopped yellow onion
- ¼ teaspoon cumin
- ¼ teaspoon smoked paprika
- 1 clove garlic, minced
- ¼ cup vegetable broth
- 1 (15 oz) can black beans, drained and rinsed

FOR THE CHIMICHURRI:

- 1 cup fresh parsley
- ½ cup olive oil
- ⅓ cup fresh lemon juice
- 3 cloves garlic
- ½ cup cilantro
- ¾ teaspoon ground red pepper (adjust to your spice preference)
- ½ teaspoon cumin
- Dash of salt
- To serve on top: guacamole, corn, tomatoes, red cabbage, etc.

Instructions:

1. *To cook the rice:*
2. In a large, deep skillet, heat the olive oil and onions. Cook for about 5 minutes or until translucent. Stir in the minced garlic and cook another minute until fragrant.
3. Stir in the rice and cook until lightly browned, about 3 minutes.

4. Meanwhile, puree the canned tomatoes and jalapeño together until smooth in a blender or food processor.
5. Add the tomato puree, broth, and seasonings to the pan and stir. Bring to a simmer and cover. Cook until all the liquid is absorbed, ~15 minutes.
6. *To make the Beans:*
7. Heat the olive oil and onion up in a small saucepan. Cook about 5 minutes or until onion is translucent.
8. Add the garlic and cook another minute.
9. Stir in the seasonings, beans, and broth.
10. Simmer for ~7 minutes or until beans are heated and most of the broth has been absorbed.
11. *For the Chimichurri:*
12. Simply puree all the ingredients together in a food processor until smooth.
13. *To Assemble:*
14. Divide the rice, beans, chimichurri, and other vegetables evenly among four bowls.

DAY 7- BREAKFAST

Vegan Freezer Burritos (make the weekend before, makes 4)

Ingredients:

CHICKPEA FILLING:

- 15 ounces cooked chickpeas
- 2 teaspoons sesame oil
- ½ small red onion, chopped
- 2 cups chopped purple cabbage
- Juice of ½ lemon
- 1-2 tablespoons filtered water (optional)
- 2 teaspoons Braggs liquid Aminos
- 2 tablespoons nutritional yeast
- ¼ teaspoon ground turmeric
- ¼ teaspoon garlic powder

BURRITOS:

- 4 large tortillas
- 2 cups cooked brown rice, seasoned with sea salt & pepper
- 1 cup shredded vegan cheese (optional; I prefer adding some more nutritional yeast for a healthier option- about ¼ cup extra mixed thoroughly into the chickpea filling)
- 2 green onions, sliced

- Salsa for serving

Instructions:

1. Divide the rice mixture amongst each of the tortillas. Top the rice with the chickpea filling, vegan cheese (if using), and a few sliced green onions. Wrap the burritos.
2. Wrap each burrito in plastic wrap, followed by a second layer of foil. Freeze the burritos in a large freezer bag.
3. To re-heat the burritos, carefully remove the foil and plastic wrap, then re-wrap them in the foil. Heat them at 400°F for about 40-45 minutes, or until heated through. Serve with salsa and enjoy!

DAY 7- LUNCH

Cherry Tomato Stuffed Avocado (1 serving)

Ingredients:

- 1 avocado
- 1 tbsp. red onion, finely chopped
- 6 cherry tomatoes, cut into quarters
- 1/2 Red pepper, cut into small pieces
- 1 clove garlic, peeled and finely chopped
- Juice of 1/2 lime
- 1 tsp. olive oil
- 1/8 tsp. salt
- 1/8 tsp. pepper

Instructions:

- Mix the olive oil, salt, pepper, lime juice, garlic in a bowl.
- Cut the avocado in half and remove the stone.
- In a bowl mix the red onion, tomato, red pepper and basil.
- Place the tomato mixture into the avocado, then drizzle the dressing over it.
- Eat and enjoy!

DAY 7- DINNER

Vegan Fajitas

Ingredients:

FOR THE FAJITA SEASONING:

- 1 Tbl Chili Powder
- 1/2 tsp Black Pepper
- 1 tsp Salt

- 1 tsp Sugar
- 1/2 tsp Paprika
- 1/4 tsp Onion Powder
- 1/4 tsp Garlic Powder
- 1/4 tsp Cumin
- Pinch of Red Pepper Flakes (optional)

FOR THE FAJITAS:

- 2 Large Portobello **Mushrooms**, gills removed & sliced on the bias
- 1 each Red, Green, Yellow & Orange **Bell Pepper**, sliced
- 1 Red **Onion**, cut in half and into slices
- Oil for cooking

FOR SERVING:

- Tortillas
- Sides such as vegan sour cream, salsa, guacamole, etc.

Instructions:

1. In a small bowl, whisk together all of the fajita seasoning ingredients. Set aside.
2. In a hot cast iron skillet or fry pan, add 1-1/2 tsp of oil and the sliced red onions. Cook for 3 minutes.
3. Add all of the sliced red peppers and cook until tender and charred. Remove from the pan.
4. Add another teaspoon of oil and the prepared mushrooms. Sprinkle seasoning and cook until the first side is charred and mushroom is beginning to get tender. Flip and repeat.
5. Add the peppers back to the pan and cook for a few more minutes. Serve sizzling hot.
6. Add sides such as tortillas, vegan sour cream, salsa, guacamole, etc.

WEEK ONE GROCERY LIST (DAY 1 THROUGH 7)

VEGETABLES	FRUITS	SPICES
<input type="checkbox"/> 5 Medium Avocados	<input type="checkbox"/> 4 to 5 lemons	<input type="checkbox"/> 1 bottle Spike Original Seasoning (Trader Joe's also has a great seasoning mix
<input type="checkbox"/> 6 Roma or Heirloom	<input type="checkbox"/> 1 lime	

- Tomatoes
- 2 packages Cherry Tomatoes
- 1 package Grape tomatoes
- 5 small tomatoes (will be sliced thinly)
- Bunch of Collard Leaves or any large green leaf like kale or chard (minimum of 2 leaves)
- 1 bunch of asparagus spears (at least 10)
- 3 cucumbers
- Bunch of carrots (whole or shredded)
- 6-8 zucchinis
- Bunch of radishes (to keep in fridge, cut off leaves and ends and store in Tupperware with enough fresh water they float)
- 1 purple cabbage
- 1 package of sprouts
- 4-5 small medium yellow onions
- 3 red onions
- 1 bunch green onions
- 1 head of garlic
- Fresh Basil
- Fresh Thyme
- Fresh Parsley
- Fresh Cilantro
- 1 package salad mix
- Fresh Ginger
- 1 head of Cauliflower
- 5 large sweet potatoes
- Fresh white mushrooms (1 package or a couple handfuls)
- 1 bunch spinach
- 1 eggplant
- 1 bunch of Celery
- 2 red bell peppers
- 2 yellow bell pepper
- 1 orange bell pepper
- 1 jalapeno pepper
- 2 large Portobello mushrooms
- Bananas
- Fresh Fruits for Snacking- Apples, peaches, pears, figs, etc.
- called "21 Season Salute")
- Sea Salt or Himalayan Salt Grinder
- Black Pepper
- Red Pepper Flakes
- Garam Masala
- Curry Powder, yellow
- Cumin
- Cinnamon
- Mustard Powder
- Garlic Powder
- Coriander
- Oregano
- Smoked Paprika
- Ground Red Pepper
- Tumeric
- Chili Powder
- Onion Powder

BAKING/COOKING SUPPLIES

- Extra Virgin Olive Oil

BREAD & BAKED GOODS

- 1 GLUTEN FREE BREAD

"DAIRY" and PROTEIN

- 1 carton unsweetened

- Extra Virgin Unrefined Coconut Oil
- Maple Syrup
- Vegetable Broth
- Braggs Liquid Aminos (soy sauce will also work)
- 1 bottle Nutritional Yeast

(Ezekiel Gluten Free Brown Rice bread- it will usually be in the refrigerated section)

- almond or coconut milk
- 1 package firm or extra firm tofu
- Vegan protein Powder, any flavor

NUTS, SEEDS, ETC.

- 1 lb. chia seeds (you can buy in bulk at Sprouts)
- Roasted Sunflower Seeds (salted or unsalted)
- Unsalted Almond Butter
- 1 package Quick/Rolled Oats
- Unsalted Pumpkin Seeds
- Shredded Coconut
- Dried Raisins or Currants

CANNED GOODS

- 3 cans Chickpeas (Garbanzo beans)
- 1 can chopped tomatoes
- 1 can chopped tomatoes with green chiles
- 2 cans light coconut milk
- 3 cans black beans

DRY/ PACKAGED GOODS

- 1lb. whole wheat pasta (any style- make sure there is no egg in the pasta)
- 1 lb. brown basmati rice
- 1 package Quinoa
- 2 bags (about 2 lbs) regular brown rice
- Package whole wheat tortillas

CONDIMENTS/SAUCE

- 1 package hummus (any kind your prefer but I like Basil Pesto)
- 1 bottle Annie's LITE Goddess Dressing
- Veganaise (I like the brand "Just Mayo")
- Mustard
- Ketchup
- Vegan Ranch
- Salsa

FROZEN

- 1 package berry mix or fruit mix of your choice
- 1 package Corn Kernels

Extras/Optional

- For Chia Seed Pudding Toppings- granola, fresh fruit, coconut flakes, cinnamon, etc.
- Capers (optional)
- 1 bunch spinach, optional
- Crushed peanuts or cashews, optional
- Seaweed Flakes, optional
- Shredded Vegan Cheese , totally optional (choose a healthier optional)
- Vegan Sour Cream

ENJOY!

~OC FIT~