

OC|FIT

VEGAN MEAL PLAN

WEEK 3

DAY 1:

AVOCADO TOAST WITH SLICED TOMATOES
ZUCCHINI AND BLACK BEAN BURGER
THAI STYLE BUDDHA BOWL

DAY 2:

STRAWBERRY AND PEACH QUINOA BREAKFAST
POMEGRANTE RAINBOW SALAD
VEGAN MAC & CHEESE

DAY 3:

CREAMY KALE SMOOTHIE
VEGAN BURRITO BOWL
VEGAN PIZZA WITH CAULIFLOWER CRUST

DAY 4:

TOFU SCRAMBLE
EASY VEGAN FALAFEL
AVOCATTA LASAGNA ROLLS

DAY 5:

GRAB AND GO BREAKFAST COOKIE
THAI DIRTY FRIED RICE
CHICKPEA TIKKA MASALA

DAY 6:

VEGAN BREAKFAST BURRITOS
HEALTHY SALAD WRAPS
CHICKPEA STEW WITH BROWN RICE

DAY 7:

ALMOND BUTTER PEACH TOAST
HUMMUS WRAP
TERYAKI GLAZED TOFU

DAY 1- BREAKFAST

Blueberry Banana Oat Smoothie (makes 2)

Ingredients:

- 1 ½ cups blueberries
- 2 bananas (preferably frozen-freeze night before)
- ½ cup rolled oats (GLUTEN FREE)
- ¾ cup water
- ¾ cup almond or coconut milk (unsweetend)

Instructions:

1. Place all ingredients in a blend and combine until smooth.
2. Pour immediately into desired glass.
3. Top with extra blueberries if you would like. Enjoy!



DAY 1 - LUNCH

Zucchini and Black Bean Burger

Ingredients:

- 1 cup shredded Zucchini
- 1 cup Black Beans (rinsed and drained)
- 6 tablespoons Ground Flax
- ½ teaspoon Steak Seasoning

Instructions:

1. In a medium bowl add all ingredients
2. Mash together with a fork
3. Let it sit to let the flax gel everything together
4. Grill until golden on each side (you may need to grease up the grill or the burgers to prevent sticking)
5. Serve up however you please, bun, condiments, go to town!
6. Enjoy!!

DAY 1- DINNER
Thai Style Buddha Bowl

Ingredients

BOWL:

- 1 cup cooked [red or brown rice](#)
- ½ cup bean sprouts
- ½ cup shredded carrots
- ½ cup shredded purple cabbage
- Crushed peanuts and chives for topping

PEANUT SAUCE:

- 1 can (14 ounces) [coconut milk](#)
- ⅔ cup natural, unsweetened [peanut butter](#)
- ¼ cup [coconut sugar](#)
- ¼ cup water
- 2 tablespoons fresh lemon juice
- 2 teaspoons [sesame oil](#)
- 2 teaspoons [red curry paste](#)
- 2 tablespoons Braggs Liquid Aminos [soy sauce \(Tamari\)](#)



or

Instructions

1. Warm leftover red rice or cook it fresh according to directions.
2. To make the peanut sauce combine all ingredients except for fish sauce (if using) in a small saucepan and bring to a boil on medium. Then turn heat to low and simmer for about 5 minutes to thicken the sauce while stirring very frequently. Stir in fish sauce at the end and set sauce aside.
3. To assemble the buddha bowls divide the cooked red rice between two bowls and top with bean sprouts, shredded carrot and purple cabbage, garlic chives and crushed peanuts.
4. Drizzle with warm peanut sauce to taste (1/8-1/4 cup per serving) and serve.

DAY 2- BREAKFAST

Strawberry and Peach Quinoa Breakfast

Ingredients

- 1 medium peach, pit removed and cut into chunks
- 1 cup strawberries, stems removed and chopped
- ½ cup cooked quinoa, still warm
- 1 tablespoon almond butter
- 1 tablespoon coconut milk
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg

Instructions

1. Combine cooked quinoa, almond butter and coconut milk together in a small bowl.
2. Mix with spoon until fully combined.
3. Toss fruit and quinoa together.
4. Serve slightly warm and enjoy!



DAY 2- LUNCH

Pomegranate Rainbow Salad (makes 4 servings)

Ingredients

SALAD:

- 4 cups Spinach (torn into bite size pieces)
- 1 medium Bell pepper (chopped) *
- 1/2 medium Avocados (cubed)
- 1/4 cup Pomegranate arils
- 1/4 cup Pumpkin seeds (roasted)

POMEGRANTE VINEGERETTE DRESSING

- 3 tbsp Olive oil
- 1 tbsp Pomegranate juice
- 1/2 tbsp fresh lemon juice
- 1/2 tsp Garlic salt
- Black pepper



Instructions

1. Place all dressing ingredients into a jar or airtight container. Shake vigorously until emulsified.
2. Toss the dressing with spinach until evenly distributed. Add remaining ingredients and toss again to combine.

DAY 2- DINNER

Vegan Mac and Cheese

Ingredients

- 8.5 oz (about 1 cup) regular or gluten free pasta
- 2 ½ cups chopped cauliflower
- ½ cup water
- 2 tsp garlic powder
- 2 tsp onion powder
- ¼ cup nutritional or brewer's yeast
- 1 tbsp lemon juice
- 2 tbsp Braggs Liquid Aminos or soy sauce or tamari
- ¼ tsp turmeric powder

Instructions

1. Cook the pasta according to package directions.
2. Cook the cauliflower for about 10 or 15 minutes or until is soft. You can steam or boil it.
3. Blend the cauliflower and the rest of the ingredients in a blender until smooth. Add some salt if you want.
4. Drain the pasta and pour it into the pan with the sauce. Stir and serve.

DAY 3- BREAKFAST

Creamy Kale Smoothie

Ingredients

- 3 cups curly kale (about 3 leaves, de-stemmed)
- 2 bananas (ripe & spotty!)
- 1/2 avocado
- 1/2 kiwi
- 1-2 tablespoons unsweetened flaked coconut
- 1/2 teaspoon raw maca powder
- 1/2 teaspoon matcha powder (optional)
- 1/2 cup unsweetened plant milk (coconut or almond)
- 1/2 cup water (or more for desired consistency)
- ice (optional)

Instructions

1. Add all ingredients to a high speed blender and blend until smooth.
2. Enjoy!



DAY 3- LUNCH

Easy Burrito Bowl

Ingredients



- 1 cup quinoa
- 1.5 tablespoons whole golden flax seeds
- 1 pint grape tomatoes, halved
- 2 ears raw sweet corn, kernels cut from the cob
- ½ orange bell pepper, diced
- 1 can of black beans, drained and rinsed
- ½ red onion, diced
- ½ bunch of cilantro, chopped fine
- ½ jalapeno, diced very fine
- juice of 2 limes
- 1/2 large avocado, cut into slices or diced
- sea salt and pepper to taste

Instructions

1. In a pot over medium heat, bring 4 cups of water to a boil. Add quinoa and a dash of sea salt and cook covered until all the moisture is absorbed, about 15mins. Remove from heat and keep covered.
2. While your quinoa is cooking, dice your red onion and add to a large mixing bowl with lime juice and sea salt. Keep adding your veggies (tomatoes, bell pepper, corn, cilantro, and jalapeno to the bowl as you chop. Letting the veggies sit in the salt & lime juice allows them to marinate and absorb the flavor. Taste and adjust lime juice, salt, and pepper as needed according to taste. This combo is delicious on it's own, on top of a salad, in a lettuce wrap, or as a lovely salsa!
3. Next, uncover your quinoa and sprinkle whole flax seeds on top. Use a wooden spoon to fluff the quinoa and mix in your flax seeds. Then add black beans and the veggie mixture. Gently fold all ingredients together. Taste and adjust lime juice, salt, and pepper as needed according to taste.
4. Serve in a large bowl with several slices of fresh avocado on top. Yumm!!

DAY 3 - DINNER

Vegan Pizza with a Cauliflower Crust

Ingredients

- Olive oil spray
- 2 yellow onions, chopped roughly
- 1 tsp minced garlic (more if you like it)
- 1 medium cauliflower, chopped including the stem
- 1/2 cup Leggos low salt tomato paste (or similar)
- 1 tbs dried oregano
- 1 tbs dried thyme
- 2 cups (approx) of toppings sliced very thinly (red onion, zucchini, red capsicum, mushrooms, eggplant, baby spinach, tomato)

Instructions

1. Preheat oven to 180°C. Place pieces of baking paper on two flat oven trays and spray with some oil spray.
2. In a large saucepan, add a spray of olive oil and onions, garlic and herbs. Cook until browned. Add cauliflower. Cover with water. Bring to the boil then simmer for 20 mins until falling apart.
3. Tip into a small holed sieve over the sink. (Keep discarded liquid for soup if you like). Place entire contents into a clean tea towel. Using rubber gloves (as it is boiling hot) twist and strain over the sink until you get as much moisture out of the mix as possible. It should finally look like a ball of dough (see pic). As it is very hot, you may need to wring it out, open it on the bench for a few minutes, then go back and do another round.

4. Note: At this stage you can set 1/2 cup of this crust mix aside if you wish to use some for a "cheese" topping (see pic). Simply set aside in a bowl adding 1 tbs water, season & mix.
5. Take your ball and squash and fashion into a pizza base approx 1cm thick (see pic) on the oven tray. Don't do it too thin or else it will break apart while cooking. Place in the oven for ten minutes. Being very careful, using the baking paper and an egg flip remove from the oven trays. Add another sheet of baking paper to the trays. Flip them over so the cooked side faces up onto the lined oven trays. This pre cooking seals the top so it stays together and crispy when you place the toppings on it. Be very careful, do it slowly and it should turn fine. If bits fall off simply fashion them back together and it will seal when cooked the final time anyway. Don't panic ! If you don't mind how crispy the finished pizza is, you can skip this step.
6. Once flipped over, spread the tomato paste over the base, then top with your toppings, ensuring they are sliced thinly and not heaped too high. Top with the "cheese" mixture you got from the base mix, if using. Spray well with olive oil spray.
7. Cook for 15 minutes or until browned to your liking. If you have a "fan grill" option on your oven, this also helps crisp up the top.
8. Once cooked to your liking, take out of the oven and let sit for a few minutes. Season and add any fresh toppings you may like such as diced tomato, torn basil, oregano, capers or baby spinach. Serve, using an egg flip to move from baking tray to plate. It can be hand held but recommend knife and fork, especially if your base is a large one.

DAY 4- BREAKFAST

Tofu Scramble

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 4- LUNCH

Easy Vegan Falafel

Ingredients

- 1 15-ounce can chickpeas, rinsed and drained
- 3 large cloves garlic
- 1 large lemon (2 tbsp juice)
- ½ tsp cumin
- ¼ cup all purpose flour
- 1 tsp dried parsley
- ½ tsp sea salt & pepper
- 3 tbsp olive oil (for frying)
- Salad fixings for serving (your choice)

Instructions

1. Roughly chop the garlic cloves.
2. In a blender or food processor, toss in the chickpeas, chopped garlic, and lemon juice.
3. Pulse until chunky.
4. Remove from the blender and put it into a bowl with enough room to stir.

5. Stir in the cumin, flour, and parsley.
6. Heat the olive oil over medium heat in a large skillet.
7. Shape into patties and drop into the olive oil.
8. Cook for a few minutes on each side until brown.
9. Remove from pan and place on a paper towel to cool slightly.
10. Top with Hummus or add into a whole wheat pita or on top of a salad. Enjoy!

DAY 4- DINNER

Avocatta Lasagna Rolls

Ingredients:

- 5 GLUTEN FREE lasagna noodles cooked according to package directions
- 2 ripe avocados, pitted
- 2 tbsp vegan Parmesan
- 1/4 tsp garlic powder
- 1 tsp dried basil (if using fresh, increase the amount)
- 1/3 cup chopped fresh baby spinach leaves
- 1 tbsp fresh parsley, chopped
- 6 grape tomatoes, chopped
- Salt and pepper to taste
- 1/2 cup or more marinara sauce

Instructions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Place a large pot of water on the stove to boil. Cook lasagna noodles according to package directions. Drain and set aside.
3. Prepare the filling by combining the avocado, vegan Parmesan, garlic powder, basil, spinach, parsley, tomatoes and salt and pepper. Mash until well combined but not totally smooth.
4. Prepare a baking dish by covering the bottom with some of the marinara sauce.
5. Lay one lasagna noodle on a flat surface and spread some of the mixture on its entire length. Roll the noodle into a cylinder and place it upright in the dish prepared with the marinara. Repeat with all remaining noodles.
6. Cover loosely with foil and bake in a 350-degree oven for 20 minutes. Drizzle with extra marinara and garnish with fresh parsley if desired.

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

Dirty Thai Fried Quinoa

Ingredients:

RICE

- 1 cup uncooked quinoa
- 2 organic peppers, different colors
- 6 oz fresh green beans
- 8 oz extra firm tofu, cubed
- 1 tbs fresh ginger, chopped
- 1 tbsp olive oil
- Sesame seeds, optional

SAUCE

- 2 tbsp cup Braggs Liquid Aminos or soy sauce
- 1 tbsp red curry paste
- 1 tbs water

Directions:

1. Cook quinoa according to package instructions
2. In a large skillet, over medium to high heat, add all the ingredients except the cooked quinoa and sauce ingredients.
3. Cook tofu/veggie mixture for 5-8 minutes until tender stirring occasionally. On the meantime, in a small bowl mix the sauce ingredients. Set aside.
4. When the tofu/veggie mixture is almost tender add the quinoa and sauce mixture to the skillet. Mix through and cook further for another minute or so stirring constantly.
5. Turn heat off and serve immediately. You may sprinkle some pepper flakes and sesame seeds if desired before serving.



DAY 5- DINNER

Chickpea Tikka Masala

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 large onion, peeled and diced
- 4 garlic cloves, peeled and finely minced
- 1 tablespoon Garam Masala

- 2-inch piece of fresh ginger, grated
- 1 fresh jalapeno pepper, stem and seeds removed, finely minced
- 2 cans chickpeas (or 3½ cups cooked chickpeas) drained and rinsed in a colander
- 2 cans (14.5 ounces each) petite diced tomatoes
- 1 cup of full-fat coconut milk
- 1 handful fresh cilantro leaves, coarsely chopped
- *Optional for serving:* hot cooked rice, additional fresh cilantro for garnish

Instructions

1. Heat the olive oil in a large saucepan (2 quarts or larger) over medium heat.
2. Add the diced onions and garlic and a pinch of salt and stir. Sauté the onions and garlic until partly translucent and slightly browned around the edges, about 4 minutes.
3. Stir in the Garam Masala, the grated ginger, and the minced jalapeno and cook for another minute, or until very fragrant.
4. Add in the chickpeas and diced tomatoes, bring to a boil, lower the heat and simmer for 15 minutes.
5. Stir in the coconut milk and return to a simmer for 5 minutes. Remove from the heat and stir in the cilantro.
6. Serve like a soup, over hot rice, or noodles, garnished with additional cilantro, if desired.

DAY 6- BREAKFAST

Vegan Breakfast Burritos (makes 4)

Ingredients

FOR THE TOFU SCRAMBLE

- 5 oz firm tofu (140 g)
- Extra virgin olive oil
- ¼ tsp ground turmeric
- Black salt (Kala Namak)
- Black pepper

FOR THE VEGAN BURRITOS

- 4 tortillas (gluten free)
- Red onion, chopped
- Tofu scramble
- 4 tbsp nutritional yeast
- Simple restaurant-style salsa
- Avocado, diced

Instructions

FOR THE TOFU SCRAMBLE:

1. Use a fork to crumble the tofu into bite-sized pieces. Heat some oil in a skillet, add the tofu and the rest of the ingredients and cook the tofu for about 10 minutes.

FOR THE VEGAN BURRITOS

1. Place the tortillas in a skillet over medium heat and cook them for about 30 seconds on each side.
2. Add the ingredients (red onion, tofu scramble, avocado, salsa and 1 tbsp nutritional yeast per burrito). Fold ends in and roll up.



DAY 6- LUNCH

Healthy Vegan Salad Rolls (makes 10 rolls)

Ingredients

- 3-4 large carrots, peeled into thin ribbons (look for rainbow carrots)

- 1 head of romaine lettuce, finely shredded
- 1 block of firm tofu, sliced lengthwise into ½ inch/1.30cm thick strips
- 1 package of spring roll rice paper wrappers
- ½ cup fresh mint leaves
- ½ cup Thai basil leaves or cilantro

Instructions

1. Dip a rice paper wrapper into warm water and immediately pull it out of the water, letting the excess moisture drip off before placing on a clean surface.
2. Lay out several strips of carrots side by side in the center of the rice paper wrapper.
3. Layer on lettuce, tofu, mint, and thai basil or cilantro
4. Pull up the bottom of the rice paper wrapper and fold it over the filling ingredients, tucking the edge underneath the filling.
5. Fold each side of the rice paper wrapper in, as if you were rolling a burrito.
6. Roll the rice paper wrapper forward over the filling to meet the top edge.
7. Slice in half with a sharp serrated knife, and serve with your favorite dipping sauce.



DAY 6 – DINNER

Chickpea Stew with Brown Rice

Ingredients

- ½ cup chick peas ,(dry or one-15 ounce can chick peas, drained)
- ½ tbsp olive oil
- ½ medium onion , minced
- 1 clove garlic , minced
- ¼ cup red bell pepper , chopped
- 1 medium tomato , chopped
- 1 carrot , diced
- ½ tsp dried parsley
- ¼ tsp dried basil

- ¼ tsp dried oregano
- 1 tsp tomato paste
- 1 cup liquid from boiled chickpeas or water
- ¼ tsp sea salt
- 1/8 tsp cayenne , pepper

Instructions

1. If you are using dried chickpeas, sort, wash and soak them overnight. The next day drain and rinse chickpeas.
2. Cover with water about 2 inches above chickpeas and bring to boil on medium heat.
3. Lower heat to simmer and cook until tender, about 1 hour.
4. Drain chickpeas and reserve 2 cups of liquid, set aside.
5. **If using canned chickpeas, start at step 5.**
6. Heat oil or water in a large saucepan on medium-high heat. Add onions and cook until soft, about 4 minutes.
7. Add garlic and cook for 30 seconds stirring. Add bell pepper, tomatoes, carrots, chickpeas, parsley, basil and oregano.
8. Add tomato paste and water, cover and bring to boil. Reduce to a simmer for 20-30 minutes or until thickened.
9. Mash some of the chickpeas, with the back of a fork to thicken stew.
10. Check seasoning with extra salt and pepper.
11. Delicious served with brown rice.



DAY 7- BREAKFAST

Almond Butter Peach Toast (Serves 2)

Ingredients

- 4 slices of GLUTEN FREE bread
- 4 tbsp almond butter
- 1 large, ripe peach
- 8 large, fresh basil leaves
- Pinch of sea salt

Instructions

1. Toast the four slices of bread.
2. Divide the almond butter up evenly between slices.
3. Slice your peach into thin slices.
4. Top the bread with the peaches.
5. Slice your basil into ribbons and sprinkle on top.
6. Sprinkle sea salt on top and serve.



DAY 7- LUNCH

Hummus Wraps

Ingredients

- 1 (10 inch) Tortilla wrap (GLUTEN FREE)
- 3-4 Tablespoons of Favorite Hummus
- 2 Tablespoons corn
- 2 Tablespoons black beans
- 1 Tablespoon diced tomato
- 2 Tablespoons diced avocado
- 1 cup shredded lettuce

Instructions

1. Spread hummus over wrap. Layer the rest of ingredients on top of hummus. Wrap it up and enjoy!

DAY 7- DINNER

Teriyaki Glazed Tofu Lettuce Cups (makes 5 to 6 cups for 2 people)

Ingredients

- 14-oz block tofu, drained and pressed
- 3/4 cup teriyaki sauce (bottled or homemade)
- 1/2 cup uncooked brown rice
- 5-6 lettuce leaves (Bibb or butter lettuce works well)
- 1/3 cup chopped roasted red peppers (jarred ones work well)
- 2 green onions, sliced
- sesame seeds

Instructions

1. Preheat oven to 425. Cube the tofu and, in a bowl or baking dish, toss with 1/2 cup teriyaki sauce. Marinate for about 10 minutes.
2. Line a baking sheet with parchment paper. Spread marinated tofu in an even layer and drizzle with any teriyaki sauce that remains in the bowl. Bake for about 15 minutes. Remove from oven and drizzle with remaining 1/4 cup teriyaki sauce. Stir to coat and return to the oven for another 10 minutes, or until the teriyaki sauce begins to blacken.
3. In the meantime, bring rice to a simmer in a small pot with 3/4 cup water. Simmer until liquid is absorbed and rice is tender.
4. Once tofu is done, you are ready to serve! Place a scoop of rice in each lettuce leaf and top with cubes of tofu, chopped roasted red peppers, green onions, and sesame seeds. Enjoy!



WEEK 3 Grocery List

VEGETABLES	FRUITS	SPICES
<input type="checkbox"/> 5 avocados	<input type="checkbox"/> 2 peaches	<input type="checkbox"/> Spike Seasoning
<input type="checkbox"/> 3 roma tomatoes	<input type="checkbox"/> 1 box strawberries	<input type="checkbox"/> Steak Seasoning
<input type="checkbox"/> 1 zucchini	<input type="checkbox"/> Pomegranate seeds	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> Bean Sprouts	<input type="checkbox"/> Bananas	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Carrots	<input type="checkbox"/> Kiwis	<input type="checkbox"/> Garlic Salt
<input type="checkbox"/> 1 purple cabbage	<input type="checkbox"/> 2 limes	<input type="checkbox"/> Black pepper
<input type="checkbox"/> Garlic Chives (or regular chives)	<input type="checkbox"/> 2 lemons	<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> 2 bags spinach	<input type="checkbox"/>	<input type="checkbox"/> Onion Powder
<input type="checkbox"/> 2 red bell peppers		<input type="checkbox"/> Tumeric Powder
<input type="checkbox"/> 1 yellow bell peppers		<input type="checkbox"/> Dried Oregano
<input type="checkbox"/> Fresh green beans (at least 1 cup)		<input type="checkbox"/> Dried Thyme
<input type="checkbox"/> Fresh Ginger		<input type="checkbox"/> Dried Basil
<input type="checkbox"/> 2 heads of cauliflower		<input type="checkbox"/> Cumin
<input type="checkbox"/> Kale at least 2 cups		<input type="checkbox"/> Dried Parsley
<input type="checkbox"/> Grape Tomatoes (at least 1 cup)		<input type="checkbox"/> Garam Masala
<input type="checkbox"/> 2 ears of Corn		
<input type="checkbox"/> 1 red onion		
<input type="checkbox"/> Fresh Cilantro		
<input type="checkbox"/> Fresh Mint leaves		
<input type="checkbox"/> Fresh Basil, thai		
<input type="checkbox"/> Fresh Parsley		
<input type="checkbox"/> 2 jalapenos		
<input type="checkbox"/> 3 yellow onions		
<input type="checkbox"/> 1 head of Garlic		
<input type="checkbox"/> Fresh Mushrooms		
<input type="checkbox"/> Romaine Lettuce		
<input type="checkbox"/> Butter Lettuce		
<input type="checkbox"/> Green Onions		
<input type="checkbox"/> Toppings for Pizza (ie. Zucchini, red onion, mushrooms, eggplant, etc)		
BAKING SUPPLIES	BREAD & BAKED GOODS	MILK & DAIRY
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Gluten Free Bread	<input type="checkbox"/> Coconut Milk, unsweetened (or favorite plant milk)
<input type="checkbox"/> Red curry paste	<input type="checkbox"/> Favorite tortillas (corn or GLUTEN FREE)	<input type="checkbox"/> 4 packages firm or extra firm tofu
<input type="checkbox"/> Braggs Liquid Aminos	<input type="checkbox"/> Spring Roll Rice Paper Wrappers	<input type="checkbox"/> Vegan Parmesan cheese
<input type="checkbox"/> Extra virgin olive oil		
<input type="checkbox"/> Nutritional Yeast		
<input type="checkbox"/> Lemon Juice		
<input type="checkbox"/> Unsweetened Flaked Coconut		
<input type="checkbox"/> Shredded Coconut		
<input type="checkbox"/> Raw Maca Powder		
<input type="checkbox"/> Olive Oil Spray		
<input type="checkbox"/> Flour		

NUTS, SEEDS, ETC.

- Ground Flax seeds
- Whole Flax seeds
- Peanuts, crushed
- Almond butter
- Pumpkin seeds, roasted
- Raisins Currants
- Chia Seeds
- Sesame Seeds

CANNED GOODS

- 2 cans black beans
- 1 can coconut milk (preferably light)
- 1 can tomato paste (low salt)
- 4 cans chickpeas
- 2 cans petite diced tomatoes
- Marinara Sauce (favorite choice)
- Roasted Red Peppers

DRY/ PACKAGED GOODS

- 1 lb red or brown rice
- 1 lb. quinoa
- 1 package gluten free pasta
- Gluten Free Lasagna Noodles
- Rolled Oats

CONDIMENTS/SAUCE

- Favorite Hummus
- Teriyaki Sauce

FROZEN

-

Extras

- Match Powder, Optional

ENJOY!**~OC FIT~**