

OCC|FIT

VEGAN MEAL PLAN

WEEK 2

DAY 1:

GRAB & GO BREAKFAST COOKIE
MEDITERRANEAN QUINOA SALAD
VEGGIE BURGER TACOS

DAY 2:

ALMOND BUTTER PEACH TOAST
OIL FREE RAINBOW KALE SALAD
LOW FAT VEGAN SHEPARD'S PIE

DAY 3:

4 INGREDIENT BLUEBERRY BANANA MUFFINS
15 MINUTE VEGAN TACOS
AVOCADO PESTO PASTA

DAY 4:

4 INGREDIENT OVERNIGHT OATS
15 MINUTE HUMMUS SALAD PIZZA
VEGAN PAD THAI

DAY 5:

ALMOND BUTTER SMOOTHIE
AVOCADO & TOMATO SALAD
WEST AFRICAN PEANUT STEW

DAY 6:

VEGAN SCRAMBLE
SUMMER PANZANELLA
VEGAN QUINOA CHILI W/ AVOCADO

DAY 7:

OVERNIGHT OATS
SIMPLE HUMMUS SANDWICH
BLACK BEAN ENCHILADAS

DAY 1- BREAKFAST

Grab and Go Breakfast Cookie (make in advance- makes 8)

Ingredients:

- 2 medium, very ripe bananas (approximately 6 1/2 oz)
- 1 cup rolled oats
- 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 1- LUNCH

Mediterranean Quinoa Salad (make the day before; makes 4 servings)



Ingredients:

- ½ Cup chopped red onion
- 1 Cucumbers, diced (approx. 3 Cups)
- 1 red bell peppers (approx. 1 cup)
- 1/2 Cup roughly chopped cilantro
- 1 Tablespoons olive oil
- 1 Cups cooked quinoa (make as you would rice, can even use a rice cooker)
- Salt and pepper to taste
- 2 tablespoons fresh lime juice (approx. ½ to 1 limes)

Instructions:

Mix everything together. For best flavor, refrigerate for at least 2 hours. Taste and season with salt & pepper if more is needed.

DAY 1 – DINNER

Veggie Burger Tacos

Ingredients:

- 2 Veggie Burgers (gluten free)
- ¼ purple cabbage, chopped
- 1 large mango, diced
- 1 c BBQ Sauce
- ½ avocado
- Bunch of fresh cilantro
- 3 green onions, diced
- Corn tortillas

Instructions:

1. Bake veggie burgers per direction on the box.
2. Chop of your red cabbage and set aside.
3. Dice mango and set aside.
4. Using a blender or food processor, blend BBQ sauce and avocado until creamy and smooth.
5. Chop fresh cilantro and green onions, set aside for garnish.
6. Once veggie burgers are baked, dice burgers into a crumbled type of consistency.
7. Place veggie burgers onto corn tortillas, top with cabbage, mango and BBQ sauce! Don't forget the cilantro and green onions for garnish!
8. ENJOY!



DAY 2- 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 2- LUNCH

Oil Free Rainbow Kale Salad

Ingredients:

KALE SALAD

- 4 stalks of kale (4 handfuls)
- ¼ cup diced red bell pepper
- ¼ cup diced carrot
- ¼ cup diced mango
- ¼ cup chopped red cabbage
- ¼ cup blueberries
- Sesame seeds for garnish

FOR THE DRESSING

- 1 avocado
- 2 tbsp water
- 1 tbsp. Liquid Aminos or soy sauce
- The juice of half a lemon



Instructions:

1. Remove the stems from the kale and place the leaves into a bowl.
2. To make the dressing just blend all the ingredients in a blender until smooth. You can also mash the avocado with a fork, add the rest of the ingredients and mix well, although the dressing will be less creamy.
3. Pour the dressing over the kale leaves and massage for at least 2 or 3 minutes until it's soft.
4. Stir in the rest of the salad ingredients.
5. Add the sesame seed for garnish and the salad is ready to serve.

DAY 2- DINNER

Low Fat Vegan Shepherd's Pie

Ingredients:

FOR THE FILLING:

- ½ cup water or [vegetable broth](#)
- ½ chopped onion
- 2 sliced cloves of garlic
- 1 chopped carrot
- ½ chopped red bell pepper
- ½ cup frozen peas
- 2 tbsp. tomato paste, optional
- 1 15-ounce can chopped tomatoes
- ½ 15-ounce can lentils
- 1 tsp sweet paprika
- 1 tbsp. dried oregano
- 1 tbsp. dried rosemary
- 1 tsp sea salt
- Black pepper to taste

FOR THE MASHED POTATOES:

- 1 pound potatoes
- ¼ cup [plant milk](#) of your choice
- 2 tbsp nutritional yeast
- ½ tsp sea salt
- Black pepper to taste



Instructions:

1. Wash the potatoes, chop them and steam then for about 20 minutes or until they're soft.
2. In a large pot add the water and the veggies (onion, garlic, carrot and red bell pepper) and cook over medium-high heat for about 5 to 10 minutes or until they're soft. cook for another 5 minutes.
3. Add the rest of the ingredients (peas, tomato paste, canned tomatoes, lentils, paprika, oregano, rosemary, salt and pepper), stir and cook over medium-high heat for about 10 to 15 minutes.
4. To make the mashed potatoes just place the potatoes in a big bowl and mash them. Add the rest of the ingredients and mash again.
5. Now put the filling in a casserole tray and top with the mashed potato.
6. Preheat the oven to 355°F or 180°C. Bake the pie for about 20 to 25 minutes or until golden brown.

DAY 3- BREAKFAST

4 Ingredient Blueberry Banana Muffins (makes 12)

Ingredients:

- 3 cups of old fashioned oats (gluten free)
- 1/4 cup almond milk
- 5 average sized bananas
- 1 cup blueberries

Instructions:

1. Pre-heat oven to 350 degrees
2. Lightly grease a muffin tin
3. In a food processor, combine all 4 ingredients and mix on medium speed until thick, and creamy-do not over-mix.
4. Fill muffins tins, and bake for 18-20 minutes *use a toothpick to test center. If it comes out clean, they are done-if not add another minute or two. These are healthy muffins and meant to provide nutrition. They are nothing like the average flour muffins, and are very heavy and filling.

***Please note THESE MUFFINS ARE ONLY AS SWEET AS THE RIPE FRUIT USED. THEY ARE VERY DENSE, BUT THAT IS TO BE EXPECTED, AFTER ALL THEY ARE MADE WITH OATMEAL. THE BANANA TASTE WILL OVER POWER THE BLUEBERRY -YOU ARE USING 5 BANANAS! YOU CAN ADD NUTS, OR SKIP THE BERRIES IF YOU WANT A DENSE BAKED OATMEAL BANANA MUFFIN.

DAY 3- LUNCH

15 minute Vegan Tacos

Ingredients:

- 2 cups canned or cooked beans (400 g)
- 1 cup tomato sauce, tomato puree or chopped tomatoes (250 g)
- 2 tsp Tabasco or hot sauce
- 2 tsp ground cumin
- 1 chopped avocado
- 8 chopped cherry tomatoes
- ¼ cup corn kernels (35 g)
- 8 corn or other GLUTEN FREE tortillas of choice

Instructions:

1. Cook the beans, tomato sauce, Tabasco and cumin in a skillet over medium-high heat for about 5 minutes.

2. To assemble the tacos, place the bean filling in the tortillas and top with the toppings (chopped avocado, chopped cherry tomatoes and corn kernels). Serve immediately.

DAY 3- DINNER

Avocado Pesto Pasta (serves 4 to 6)

Ingredients:

- 1 box pasta (GLUTEN FREE)
- 3 heaping cups cherry tomatoes
- 1 avocado, large
- 3 cloves garlic
- Small handful cilantro (optional, about ¼ cup)
- 2 large handfuls basil (1 cup packed)
- ¼ cup kalamata olives, pit removed
- 2-3 tbsp lemon juice
- 2 tbsp olive brine
- 1 - 2 tbsp nutritional yeast (optional)
- Sea salt and pepper to taste

Instructions:

1. Bring a large pot of salted water to a boil. Cook pasta until al dente while preparing the burst cherry tomatoes and pesto sauce.
2. Warm a large pan over medium-high heat. Add the cherry tomatoes to the pan with sea salt and pepper. Leave the tomatoes to cook in the pan for two minutes and then toss them lightly. The tomatoes will begin to "burst" over the high heat.
3. Prepare the pesto sauce by blending together all of the pesto ingredients (avocado through to nutritional yeast). Taste and add additional lemon juice, nutritional yeast, salt, and pepper to taste.
4. Add the pasta to a large bowl and toss with the pesto sauce and burst cherry tomatoes. Garnish with additional basil and serve.



DAY 4- BREAKFAST

4 Ingredient Overnight Oats (Make night before)

Ingredients:

- 1/2 cup rolled oats (GLUTEN FREE)
- 1/2 cup plant based milk (coconut, almond, etc)
- 2 tablespoons almond butter
- 1/2 cup berries or other fruit

Instructions:

1. Pour your oats into a clean bowl or mason jar. Add almond milk and nut butter and mix thoroughly.
2. Cover and store in the fridge overnight (or for at least eight hours). Top with fresh berries.

DAY 4- LUNCH

15 minute Hummus Salad Pizza

Ingredients:

- 1 GLUTEN FREE Flatbread (pita bread works just as well)
- 1/4 cup Hummus
- 1/2 Orange Bell Pepper, sliced thinly
- 3 Sundried Tomatoes, chopped
- 1 large handful Arugula
- 1/2 Avocado, sliced
- Mixed seeds for topping optional

Instructions:

1. Preheat the oven to 200°C.
2. Spread the hummus over the flatbread and add the bell pepper and sun dried tomatoes. Bake for 10 minutes until the pepper is soft.
3. Top with the arugula, avocado, mixed seeds and serve!



DAY 4- DINNER

Vegan Pad Thai

Ingredients:

- Extra virgin olive oil to taste

- 5 oz firm tofu, thinly sliced and patted dry
- 2.6 oz buckwheat noodles
- 2 cloves of garlic, minced
- ¼ onion, julienned
- ¼ red bell pepper, julienned
- 1 carrot, julienned
- 1 zucchini, spiralized or cut into long thin slices

FOR THE SAUCE:

- 3 tbsp tamari or soy sauce
- 2 tbsp fresh lemon juice
- 2 tbsp maple syrup
- 2 tbsp water or [vegetable broth](#)
- ⅛ tsp cayenne powder
- For garnish: red cabbage sprouts, raw cashews (chopped), fresh cilantro and lime

Instructions

1. Heat some olive oil in a skillet and cook the tofu until golden brown on both sides, about 2 or 3 minutes each side.
2. Cook the noodles according to package directions.
3. Meanwhile, heat some oil in a wok and when it's hot, add the veggies and stir fry for 2 or 3 minutes until tender-crisp. Stir occasionally.
4. Add the noodles and the sauce (you just need to blend all the ingredients in a bowl to make it), stir and cook for about 2 or 3 minutes more.
5. Serve with the tofu, sprouts, cashews, cilantro and some lime juice on top.



DAY 5- BREAKFAST

Almond Butter Green Smoothie



Ingredients:

- 1 banana (fresh or frozen)
- Large handful spinach (about 1 cup)
- 1 cup or more plant based milk
- 1 Tablespoon Almond butter
- ¼ to ½ teaspoon cinnamon
- ½ avocado, optional for creamier texture
- 1 tablespoon chia seeds, optional
- ½ tablespoon maple syrup, optional
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Instructions:

1. In a blender, add all the ingredients. Blend until smooth. Serve

DAY 5- LUNCH

Avocado and Tomato Salad

Ingredients:

- 1 large tomato, cut into a large dice
- 1 avocado, cut into a large dice
- ½ small red onion, thinly sliced
- 1 tablespoons chopped cilantro
- Juice of 1 lime
- ½ cup of favorite salad mix
- ¼ cup of slivered almonds, optional
- Extra virgin olive oil
- Salt

Instructions:

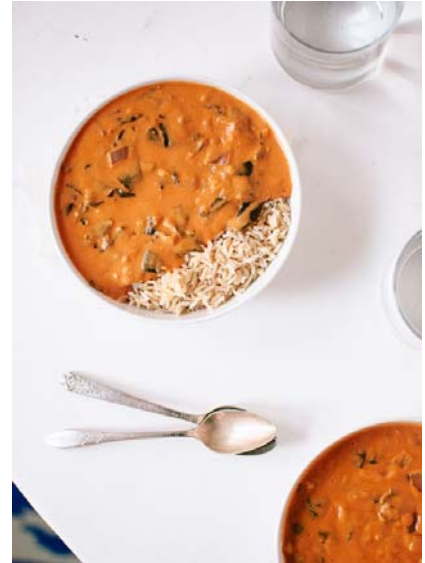
1. In a large bowl, combine the tomatoes, avocados, red onions and cilantro. Squeeze the lime juice over the top and drizzle with extra virgin olive oil. Gently stir. Taste and add salt as needed. Serve on top of any salad mix with some slivered almonds sprinkled on top!

DAY 5- DINNER

West African Peanut Stew (serves 4)

Ingredients:

- 6 cups low sodium vegetable broth
- 1 medium red onion, chopped
- 2 tablespoons peeled and minced fresh ginger
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 bunch collard greens (or kale), ribs removed and leaves chopped into 1-inch strips
- ¾ cup unsalted peanut butter (chunky or smooth)
- ½ cup tomato paste
- Hot sauce, like sriracha (AKA rooster sauce)
- ¼ cup roughly chopped peanuts, for garnish
- Brown rice for serving



Instructions:

1. In a medium Dutch oven or stock pot, bring the broth to a boil. Add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes.
2. In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well. Stir in the collard greens and season the soup with hot sauce to taste. Simmer for about 15 more minutes on medium-low heat, stirring often. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.

Vegan Scramble

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 can chickpeas, drained
- 1 head cauliflower, chopped into tiny pieces or run through the food processor for a few seconds
- 2 tomatoes, chopped
- 1 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1 teaspoon herbs de Provence
- Salt/pepper to taste

Instructions:

1. Heat olive oil over medium heat. Add cauliflower. Cook for a couple minutes. Add chickpeas and all spices.
2. Turn heat to high. Cook, mashing the chickpeas as you go, for a few minutes.
3. Add tomatoes. Cook for a couple minutes
4. Serve plain, on rice crackers, on toast, in tortillas, etc.



DAY 6- LUNCH

Green Beans and Potatoes with Corn

Ingredients:

FOR POTATOES:

- 3 medium sized potatoes (preferably red)
- 2 tsp of olive oil
- 1 tsp of salt. Mix well and then place them on a baking tray. Put in the oven and bake until they turn brown but not mushy. It should be about 10 minutes or less

FOR GREEN BEANS AND CORN:

- 20 green beans
- 3 tsp of olive oil.
- 4 cloves of garlic, thinly slices
- 1/4 of a red onion, julienned
- 1 tsp of salt
- 1/4 cup of red kidney beans

- 1/2 cup of corn
- 1 tsp of freshly ground black pepper
- 1/2 tsp of dried parsley
- 1/2 dried thyme
- 1 tsp of dried oregano
- 2 Tbsp of fresh lemon juice

Instructions

1. Preheat oven to 400 degrees
2. Thoroughly wash 3 medium sized potatoes and dry them. Cut them into small wedges and place them in a bowl. Add 2 tsp of olive oil and 1 tsp of salt. Mix well and then place them on a baking tray. Put in the oven and bake until they turn brown but not mushy. It should be about 10 minutes or less
3. While the potatoes are cooking, thoroughly wash about 20 green beans and dry them. Cut the ends off and then snap each into two pieces. Set aside
4. Take a medium pan and add 3 tsp of olive oil. Heat at medium heat and then add 4 cloves of garlic that are thinly slices
5. Add 1/4 of a red onion, julienned
6. Mix well until the onions are caramelized. Should be about 5 minutes on medium heat. Make sure the onions don't burn
7. Add the cut green beans, 1 tsp of salt and mix well. Keep the heat at medium but stir occasionally to cook them evenly.
8. Add 1/4 cup of red kidney beans and 1/2 cup of corn. If using frozen corn, thaw it for 30 seconds in the microwave. Wash canned kidney beans thoroughly before adding to the pan
9. Add 1 tsp of freshly ground black pepper, 1/2 tsp of dried parsley, 1/2 dried thyme and 1 tsp of dried oregano. Mix well
10. Let them cook for a few minutes and then add the potatoes. Adjust for salt and pepper, if needed
11. Add 2 Tbsp of fresh lemon juice and mix one more time.
12. Remove from heat and serve. These green beans and potatoes are perfect by themselves or work great as a side dish

DAY 6- DINNER

Vegan Quinoa Chili with Avocado

Ingredients:

- 1 tablespoon extra virgin olive oil
- 2 cloves of garlic
- ½ onion
- 1 chili or cayenne pepper or a pinch of cayenne powder
- 2 tomatoes
- 1 cup tomato sauce (270 grams)
- 1 tablespoon dried cilantro
- 1 tablespoon cumin
- 1 tablespoon paprika
- Black pepper to taste
- 1 cup cooked quinoa (185 grams)
- 1 cup corn kernels (150 grams)
- 1 cup cooked red beans (115 grams)
- The juice of half a lemon
- 2 or 3 cups of water (500 or 750 milliliters)
- 1 avocado
- 1 carrot
- Vegan sour cream to taste



Instructions

1. In a non-stick frying pan, heat the olive oil on medium high heat. Add garlic, onion and cayenne pepper (chopped) and cook until golden brown.
2. Add the tomatoes, tomato sauce, herbs and spices (cilantro, cumin, paprika and pepper), cooked quinoa, corn kernels, cooked red beans and 2 or 3 cups (475/700ml) of water, making sure to cover all the ingredients. Cook for about 30 minutes over medium heat.
3. When the chili is ready, add the lemon juice, stir and serve with avocado, carrot and vegan sour cream.

DAY 7- BREAKFAST

Overnight Oats (serves 1; make night before)

Ingredients:

- ½ cup old fashioned oats (not instant)
- ½ -3/4 cup unsweetened plant based milk (almond, coconut, etc)
- 1 - 2 Tablespoons vanilla protein powder (optional)
- ½ Tablespoon chia seeds
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon
- Berries, sliced almonds, almond butter (for topping)

Instructions:

1. Combine all ingredients in a small container, seal with a lid and place in the fridge overnight.
2. Bring out of the fridge in the morning and stir. You'll notice that the protein powder, oats and chia seeds soak up a lot of the liquid so you may want to add a little more almond milk or water before serving.
3. Top with toppings of your choice and enjoy. I love berries and sliced almonds or almond butter.

DAY 7- LUNCH

Simple Hummus Sandwich

Ingredients:

- Your favorite GLUTEN FREE sandwich bread
- Hummus
- Cucumber
- Tomato
- Sea salt and black pepper to taste

Instructions:

1. Spread the hummus onto one slice of bread (although you can spread it onto both slices).



2. Place some cucumber and tomato slices on top.
3. Add salt and pepper to taste.
4. Enjoy your sandwich!

DAY 7- DINNER

Black Bean Enchiladas (serves 2 to 3)

Ingredients:

For the Enchilada Sauce

- 1½ cups canned tomato puree
- 1 garlic clove, minced
- 1½ tbsp. chili powder
- Salt and black pepper to taste

For the Black Bean & Spinach Enchiladas

- 1 tbsp. olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- ½ jalapeño pepper, seeded and finely chopped
- 1½ tsp. ground cumin
- 1-14 oz. can black beans, drained
- ¼ cup water
- 1 tbsp fresh lemon juice
- 2 cups coarsely chopped fresh spinach leaves, lightly packed
- ¼ cup finely chopped fresh cilantro
- salt to taste
- 8 corn tortillas

For Serving

- Chopped scallions
- Fresh cilantro leaves
- Tahini, thinned with a bit of water

Instructions

1. Stir enchilada sauce ingredients together in a small bowl. Set aside.
2. Coat the bottom of a medium skillet with olive oil and place over medium heat. Add onion, jalapeño and garlic. Sauté until onion is softened, about 5 minutes. Add in cumin and sauté one minute more. Add beans, water and red wine vinegar. Use a potato masher to mash about half of the beans and bring to a simmer. Lower heat and stir in spinach, adding a bit more water if the mixture seems too dry. Cook just until spinach wilts, about 2 minutes. Remove from heat.
3. Preheat oven to 400° and spread about ¼ cup of enchilada sauce into the bottom of a 9x9 inch baking dish. Lightly coat the bottom of a large skillet with oil and place over medium heat. Place a tortilla into skillet to warm it up, allowing it to sit in skillet for 30 seconds to 1 minute. Remove from skillet and place on a work surface. Spoon 2-3 tablespoons of bean mixture into tortilla and roll. Place rolled

tortilla, seam side down, into baking dish and spoon sauce over top, spreading around to coat the entire outside of the enchilada. Repeat until all tortillas are used.

4. Bake 15-20 minutes, or until most of the sauce on top of enchiladas has dried out and tortillas are brown around edges. Remove from oven and allow to sit for 5 minutes.
5. Divide enchiladas onto plates and top with scallions, cilantro and tahini. Serve.

WEEK 2 GROCERY LIST

VEGETABLES	FRUITS	SPICES
<input type="checkbox"/> 1 red onion	<input type="checkbox"/> Bunch of Bananas (at least 5)	<input type="checkbox"/> Sea Salt
<input type="checkbox"/> 2 yellow onions	<input type="checkbox"/> 3 limes	<input type="checkbox"/> Black Pepper
<input type="checkbox"/> 1 head of garlic	<input type="checkbox"/> 5 lemons	<input type="checkbox"/> Cinnamon
<input type="checkbox"/> 2 cucumbers	<input type="checkbox"/> 2 large Mangos	<input type="checkbox"/> Sweet paprika
<input type="checkbox"/> 3 red bell peppers	<input type="checkbox"/> 1 large peach	<input type="checkbox"/> Dried oregano
<input type="checkbox"/> 1 orange bell pepper	<input type="checkbox"/> Blueberries, Strawberries, and/or any other type of fresh berries you enjoy ☺	<input type="checkbox"/> Dried rosemary
<input type="checkbox"/> Fresh cilantro		<input type="checkbox"/> Cumin
<input type="checkbox"/> 1 purple cabbage		<input type="checkbox"/> Cayenne Powder
<input type="checkbox"/> 5 avocados		<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> 1 bunch green onions		<input type="checkbox"/> Herbs de province
<input type="checkbox"/> Fresh basil		<input type="checkbox"/> Dried Cilantro
<input type="checkbox"/> Kale (at least 4 stalks or previously cleaned and ready for salads)		
<input type="checkbox"/> 1 bunch of carrots		
<input type="checkbox"/> 1 bag of potatoes (preferably red)		
<input type="checkbox"/> 2 boxes of cherry tomatoes		
<input type="checkbox"/> 5 large tomatoes		
<input type="checkbox"/> 1 bag of clean arugula		
<input type="checkbox"/> 1 zucchini		
<input type="checkbox"/> 1 bunch of spinach		
<input type="checkbox"/> 1 bag favorite salad mix		
<input type="checkbox"/> Fresh ginger		
<input type="checkbox"/> 1 head of cauliflower		
<input type="checkbox"/> 1 ear of corn		
<input type="checkbox"/> Chives		
<input type="checkbox"/> Fresh Mint		
<input type="checkbox"/> 1 jalapeño pepper		
BAKING SUPPLIES	BREAD & BAKED GOODS	MILK & DAIRY
<input type="checkbox"/> Extra Virgin Olive Oil	<input type="checkbox"/> 1 package corn tortillas	<input type="checkbox"/> 1 carton of favorite unsweetened plant milk (coconut, almond)
<input type="checkbox"/> Braggs Liquid Aminos	<input type="checkbox"/> Sprouted Grain Bread	<input type="checkbox"/> 1 package firm or extra firm tofu
<input type="checkbox"/> Vegetable Broth (enough to make at least 8 cups)	<input type="checkbox"/> 1 package of flat bread or pita bread	
<input type="checkbox"/> Nutritional Yeast	<input type="checkbox"/> 1 baguette	
<input type="checkbox"/> Maple Syrup		
<input type="checkbox"/> Apple Cider Vinegar		
<input type="checkbox"/> Red Wine Vinegar		

- Balsamic Vinegar

NUTS, SEEDS, ETC.

- Pumpkin Seeds
- Shredded Coconut
- Raisins or Currants
- Chia Seeds
- Sesame Seeds
- Slivered almonds
- Roughly chopped peanut

CANNED GOODS

- 15 oz. can chopped tomatoes
- 15 oz. can lentils
- 2 cans beans (any type, preferably black)
- 1 can red kidney beans
- 2 cans (or bottles) tomato sauce
- 1 can tomato puree
- 1 can of kalamata olives (save olive brine)
- 1 can sundried tomatoes
- 1 can tomato paste
- 1 can chickpeas
- Can of red beans

DRY/ PACKAGED GOODS

- Dry rolled oats (quick oats also work- GLUTEN FREE)
- 1 lb. Quinoa (any type)
- 1 box of whole wheat vegan pasta
- 1 package buckwheat noodles
- 1 package brown rice

CONDIMENTS/SAUCE

- Vegan BBQ Sauce (any type)
- Almond Butter (preferably unsalted)
- Unsalted peanut butter
- Tabasco or favorite hot sauce
- Favorite Hummus

FROZEN

- Vegan Veggie Burgers
- 1 bag of frozen peas
- 1 bag frozen corn kernels

Extras

- Optional Toppings- granola, fresh fruit, coconut flakes, etc.

ENJOY!

~OC FIT~