

GROCERY GUIDE

Here is the guide to shopping for plant-based Shred style eating! We've included lots of suggestions to choose from according to your tastes. Here are the four basic things you want to plan for 1 week:

1. Smoothie Supplies
2. Power Salad Ingredients
3. Snacks (pick several from ideas on the following page)
4. Meals (pick 3-4 meal recipes to have during the week)

FRESH PRODUCE

Pantry staples:

Onions/Garlic
Fresh Herbs/Ginger

Smoothie supplies:

Spinach/Kale
Bananas/Berries/Avocado

Power salad:

Lettuce/Romaine/Arugula
Chard/Mustard Greens
Cucumbers/Carrots
Tomatoes/Mushrooms
Broccoli/Cauliflower
Celery/Bell Peppers
Red Onions/Asparagus
Snap Peas/Radishes
Artichoke/Beets/Avocado

Snacks:

Apples/Oranges/Bananas
Grapes/Peaches/Pears
Strawberries/Blackberries
Raspberries/Blueberries
Cantaloupe/Watermelon
Pineapple/Mangos
Avocados
Grapefruit/Lemon/Lime

Meals:

Sweet Potatoes
Spaghetti Squash
Zucchini/Butternut Squash
Fresh Herbs

OTHER

Pantry staples:

Full-Fat Coconut Milk

Smoothie supplies:

Unsweetened Plant Milk
Coconut, Almond, Rice
Coconut Water
Frozen Fruit

Snacks:

Unsweetened Plant Yogurt

PROTEIN

Smoothie supplies:

Flax/Chia/Pumpkin Seeds
Organic Nut Butters

Power salad:

Beans: Black, Pinto, Red,
Navy, Pinto,
Garbanzo (Chickpeas)
Nuts & Seeds

Snacks:

Old-fashioned GF Oats
Almonds/Cashews
Pistachios/Macadamia
Walnuts/Pecans
Sunflower/Pumpkin Seeds

Meals:

Lentils/Quinoa/Rice
Tofu/Tempeh

CONDIMENTS

Pantry staples:

Braggs Liquid Aminos
Tamari
Apple Cider Vinegar
Red Wine Vinegar
Balsamic Vinegar
Vegetable Broth
Coconut Oil/Olive Oil
Seasonings
Dried Herbs

Power salad:

GF/DF Dressing
Olives/Banana Peppers
Artichokes/Palm Hearts
Sun-dried Tomatoes
Roasted Red Peppers
Water Chestnuts

*GF = gluten-free *DF = dairy-free