

# VEGAN CHALLENGE



## PRODUCE

## GROCERY LIST

- 1lb Baby Spinach
- 2 Bunches Kale
- 2lb Blueberries
- 16oz Strawberries
- 12 Bananas
- 1 Lemon
- 1 Watermelon
- 1 Lime
- 2 Vine Tomatoes
- 10oz Cherry Tomatoes
- 4 Ears of Corn
- 1 Zucchini
- 1 Head of Cauliflower
- 1 Head of Broccoli
- 8 Big Carrots
- 16oz Bag of Baby Carrots
- 1 Bunch of Celery
- 3 Sweet Potatoes
- 5 Avocados
- 2/3 oz Fresh Mint
- 1 Head of Garlic

## FROZEN ITEMS

- Frozen Mango (12oz)
- Frozen Peaches (12oz)
- Frozen Beets (12oz)
- Frozen Peas (16oz)

## GRAINS & BREADS

- 2lbs Rolled Oats
- 12oz Couscous
- 12oz Quinoa
- 16oz Pasta Noodles
- 1 Loaf of Sprouted Bread
- 8 Hot Dog Buns
- 8 Tortillas
- 1 bag of premade Pizza Dough

## DRY & CANNED GOODS

- 32 floz Vegetable Broth
- 1 can Refined Black Beans
- 1 can Lentils (or 1 cup dry lentils)
- Hemp Seeds (8oz)
- Chia Seeds (12oz)
- Unsweetened Shredded Coconut
- 1/2 lb Raisins
- 1 lb Raw Cashews
- 1 jar Peanut Butter
- Medjool Dates (12oz)
- Parchment paper

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## GROCERY LIST

### CONDIMENTS, ETC

- Apple Cider Vinegar (16floz)
- Bragg Liquid Aminos (16floz)
- Olive Oil (12 floz)
- Vegan BBQ Sauce (12oz)
- Dijon Mustard (8oz)
- Rice Vinegar (12 floz)
- 1/2lb Nutritional Yeast
- Liquid Smoke (4floz)
- Maple Syrup (12floz)
- Cinnamon
- Paprika
- Turmeric
- Mustard Powder
- Salt
- Black Pepper
- Garlic Powder
- Chili Powder



### COLD ITEMS

- 1 tub Earth Balance (15 oz)
- 1 Box of Seitan
- 8oz Hummus
- 2 - 1/2 Gallons of Nondairy Milk
- 2 - 16floz Coconut Water

### SNACKS (OPTIONAL)

- Larabars (4)
- Rice Cakes (8.5 oz)
- Seaweed (4 - 5g packs)
- 1 bag of Pretzels



# What in the World?

EXPLAIN PLEASE



**Nutritional Yeast:** (also referred to as a nooch) is deactivated yeast sold in flakes that provides foods a 'cheesy' taste. It's packed with B vitamins including B12, folic acid, zinc and some protein.



**Chia Seeds:** an excellent source of omega-3 fatty acids, which help to raise HDL cholesterol. HDL is the "good" cholesterol that protects against heart attack and stroke. Chia seeds are also rich in antioxidants, and they provide fiber, iron, and calcium.



**Hemp Seeds:** also referred to as hemp hearts, are exceptionally nutritious and rich in healthy fats, protein and various minerals. They have a mild, nutty flavor and are a great protein source; over 25% of their total calories are from high-quality protein.



**Seitan:** (also known as wheat gluten) is a popular meat substitute that's high in protein. Seitan is the product of rinsing and cooking wheat dough to remove the starch, leaving a protein-dense substance. It has a 'meaty' texture and easily takes on the flavors of your favorite seasonings making it simple to cook with.



**Earth Balance:** vegan buttery spread. Made from a natural oil blend (palm fruit, and canola, soybean, flax and olive oils), filtered water, pea protein, sunflower lecithin and natural flavor plant derived from corn. It contains no msg, no alcohol, or gluten.



**Liquid Aminos:** Bragg Liquid Aminos is a source of amino acids from the soybeans used to make the seasoning. It contains 16 of the 20 amino acids, which are the building blocks of protein. Bragg Liquid Aminos is a natural alternative to soy sauce.



**Quinoa:** a grain crop that is grown for its edible seeds. Quinoa is gluten-free, high in protein and one of the few plant foods that contains all nine essential amino acids.



**Medjool Dates:** the greatest natural sweeteners and sugar alternative. They are edible sweet fruits of the date palm tree and are packed full of vitamins, minerals and fiber. Medjool dates have a deep brown skin color with a flavor that can be described as caramel-like.



**Non-Dairy Milk:** milk not produced from an animal. Well known non-dairy milks includes almond milk, soy milk, and cashew milk. Our current favorite is Ripple made from pea protein.

