



PHASE 1 SHOPPING LIST

FRUITS AND VEGETABLES	REGULAR MEAL PLAN		VEGAN MEAL PLAN	
	Amount	Check	Amount	Check
Apple, green, medium	1 each (6.4 oz. / 182 g)	<input type="checkbox"/>	1 each (6.4 oz. / 182 g)	<input type="checkbox"/>
Asparagus, medium	1 bunch	<input type="checkbox"/>	1 bunch	<input type="checkbox"/>
Avocado, medium	For women 2 slices (2 oz. / 56 g)	<input type="checkbox"/>	For women 1 each (7.1 oz. / 201 g)	<input type="checkbox"/>
	For men 3 slices (3 oz. / 85 g)	<input type="checkbox"/>	For men 3 each (21.3 oz. / 603 g)	<input type="checkbox"/>
Basil, whole	1 bunch (or box)	<input type="checkbox"/>	1 bunch (or box)	<input type="checkbox"/>
Beet, medium	1 each (2.89 oz. / 82 g)	<input type="checkbox"/>	1 each (2.89 oz. / 82 g)	<input type="checkbox"/>
Blackberries	½ pint	<input type="checkbox"/>	½ pint	<input type="checkbox"/>
Blueberries	1 pint	<input type="checkbox"/>	½ pint	<input type="checkbox"/>
Broccoli florets	4 oz. (114 g)	<input type="checkbox"/>	4 oz. (114 g)	<input type="checkbox"/>
Carrots, baby	1 bag	<input type="checkbox"/>	1 bag	<input type="checkbox"/>
Carrots, medium	6 each (12.89 oz. / 366 g)	<input type="checkbox"/>	5 each (10.7 oz. / 305 g)	<input type="checkbox"/>
Cilantro, bunch	2 bunches	<input type="checkbox"/>	1 bunch	<input type="checkbox"/>
Corn kernels, fresh or frozen	1 10-oz. (284 g) bag	<input type="checkbox"/>	1 10-oz. (284 g) bag	<input type="checkbox"/>
Cucumber, medium	8 each (3 lb. 8 oz. / 1,608 g)	<input type="checkbox"/>	6 each (2 lb. 11 oz. / 1,206 g)	<input type="checkbox"/>
Green beans, fresh or frozen	4 oz. (114 g)	<input type="checkbox"/>	1 oz. (28 g)	<input type="checkbox"/>
Green onions, bunch	1 bunch	<input type="checkbox"/>	1 bunch	<input type="checkbox"/>
Herbs, fresh, bunch	1 bunch	<input type="checkbox"/>	1 bunch	<input type="checkbox"/>
Honeydew melon, medium	1 melon (2 lb. 3 oz. / 1,000 g)	<input type="checkbox"/>	1 melon (2 lb. 3 oz. / 1,000 g)	<input type="checkbox"/>
Jicama, medium	1 each (1 lb. 7 oz. / 659 g)	<input type="checkbox"/>	1 each (1 lb. 7 oz. / 659 g)	<input type="checkbox"/>
Kale, raw, chopped	1 10-oz. (184 g) bag	<input type="checkbox"/>	n/a	
Kiwifruit, medium	1 each (3 oz. / 86 g)	<input type="checkbox"/>	3 each (9 oz. / 258 g)	<input type="checkbox"/>
Lemons, fresh	3 each (7.4 oz. / 210 g)	<input type="checkbox"/>	3 each (7.4 oz. / 210 g)	<input type="checkbox"/>
Lettuce, baby salad greens	3 5-oz. bags (15 oz. / 426 g)	<input type="checkbox"/>	3 5-oz. bags (15 oz. / 426 g)	<input type="checkbox"/>
Limes, fresh	3 each (7 oz. / 201 g)	<input type="checkbox"/>	3 each (7 oz. / 201 g)	<input type="checkbox"/>
Mint, fresh, bunch	1 bunch	<input type="checkbox"/>		
Onion, medium	1 each (3.9 oz. / 110 g)	<input type="checkbox"/>	1 each (3.9 oz. / 110 g)	<input type="checkbox"/>
Onion, red, medium	1 each (4.5 oz. / 128 g)	<input type="checkbox"/>	1 each (4.5 oz. / 128 g)	<input type="checkbox"/>
Papaya, medium	n/a		2 each (16 oz. / 456 g)	<input type="checkbox"/>
Parsley, fresh, bunch	1 bunch	<input type="checkbox"/>		



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	Amount	Check	Amount	Check	
Parsley, Italian or flat leaf, bunch	1 bunch	<input type="checkbox"/>			
Peach, medium	1 each (5.3 oz. / 150 g)	<input type="checkbox"/>	2 each (10.6 oz. / 300 g)	<input type="checkbox"/>	
Pear, medium	n/a	<input type="checkbox"/>	1 each (4.4 oz. / 126 g)	<input type="checkbox"/>	
Pineapple, fresh	n/a		1 each (1 lb. 13 oz. / 817 g)	<input type="checkbox"/>	
Potatoes, baby	8 oz. (227 g)	<input type="checkbox"/>	n/a		
Raspberries	½ pint	<input type="checkbox"/>	½ pint	<input type="checkbox"/>	
Romaine lettuce, medium head	1 each (1 lb. 6 oz. / 626 g)	<input type="checkbox"/>	1 each (1 lb. 6 oz. / 626 g)	<input type="checkbox"/>	
Spinach, raw	1 10-oz. (284 g) bag	<input type="checkbox"/>	1 10-oz. (284 g) bag	<input type="checkbox"/>	
Sprouts, alfalfa	2 2.5-oz. boxes (5 oz. / 142 g)	<input type="checkbox"/>	1 2.5-oz. box (2.5 oz. / 71 g)	<input type="checkbox"/>	
Sweet potato, medium	1 each (4.7 oz. / 133 g)	<input type="checkbox"/>	1 each (4.7 oz. / 133 g)	<input type="checkbox"/>	
Tomato, medium	4 each (1 lb. 2 oz. / 492 g)	<input type="checkbox"/>	4 each (1 lb. 2 oz. / 492 g)	<input type="checkbox"/>	
Tomatoes, cherry	1 cup (or 1 basket)	<input type="checkbox"/>	1 cup (or 1 basket)	<input type="checkbox"/>	
Yam, medium	1 each (5 oz. / 142 g)	<input type="checkbox"/>	1 each (5 oz. / 142 g)	<input type="checkbox"/>	
Zucchini, medium	5 each (2 lb. 3 oz. / 980 g)	<input type="checkbox"/>	4 each (1 lb. 12 oz. / 784 g)	<input type="checkbox"/>	
DAIRY		REGULAR MEAL PLAN		VEGAN MEAL PLAN	
	Amount	Check	Amount	Check	
Yogurt, plain, organic	For women 1 8-oz. (227 g) container	<input type="checkbox"/>	n/a		
	For men 2 8-oz. containers (16 oz. / 454 g)	<input type="checkbox"/>			
GRAINS, NUTS, AND SEEDS		REGULAR MEAL PLAN		VEGAN MEAL PLAN	
	Amount	Check	Amount	Check	
Almonds, raw, slivered**	1 oz. (28 g)	<input type="checkbox"/>	n/a		
Cashews, raw**	2 oz. (56 g)	<input type="checkbox"/>	2 oz. (56 g)	<input type="checkbox"/>	
Corn tortilla	1 package	<input type="checkbox"/>			
Farina**	2 oz. (56 g)	<input type="checkbox"/>	2 oz. (56 g)	<input type="checkbox"/>	
Flaxseeds	1 oz. (28 g)	<input type="checkbox"/>	n/a		
Old-fashioned rolled oats**	1 3-oz. (85 g) container	<input type="checkbox"/>	1 3-oz. (85 g) container	<input type="checkbox"/>	
Pine nuts**	1 oz. (28 g)	<input type="checkbox"/>	1 oz. (28 g)	<input type="checkbox"/>	
Pumpkin seeds, raw**	9 oz. (256 g)	<input type="checkbox"/>	9 oz. (256 g)	<input type="checkbox"/>	



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GRAINS, NUTS, AND SEEDS	REGULAR MEAL PLAN		VEGAN MEAL PLAN	
	Amount	Check	Amount	Check
Sesame seeds**	3 oz. (85 g)	<input type="checkbox"/>	2 oz. (56 g)	<input type="checkbox"/>
Walnuts, raw, chopped	For women 1 oz. (28 g)	<input type="checkbox"/>	For women 2 oz. (56 g)	<input type="checkbox"/>
	For men 2 oz. (56 g)	<input type="checkbox"/>	For men 4 oz. (113 g)	<input type="checkbox"/>
Whole-grain bread, slice	For women 1 oz. (28 g)	<input type="checkbox"/>	n/a	
	For men 2 oz. (56 g)	<input type="checkbox"/>		

MISC.	REGULAR MEAL PLAN		VEGAN MEAL PLAN	
	Amount	Check	Amount	Check
Apple cider vinegar	1 16-fl. oz. (454 ml.) bottle	<input type="checkbox"/>	1 16-fl. oz. (454 ml.) bottle	<input type="checkbox"/>
Balsamic vinegar	1 17-fl. oz. (482 ml.) bottle	<input type="checkbox"/>	1 17-fl. oz. (482 ml.) bottle	<input type="checkbox"/>
Black beans, canned	1 14-oz. (397 g) can	<input type="checkbox"/>	1 14-oz. (397 g) can	<input type="checkbox"/>
Bragg Liquid Aminos	1 16-fl. oz. (454 ml.) bottle	<input type="checkbox"/>	1 16-fl. oz. (454 ml.) bottle	<input type="checkbox"/>
Brown rice, dry**	1 lb. 2 oz. (511 g)	<input type="checkbox"/>	1 lb. 2 oz. (511 g)	<input type="checkbox"/>
Cayenne pepper, ground	1 1-oz. (28 g) container	<input type="checkbox"/>	1 1-oz. (28 g) container	<input type="checkbox"/>
Chili powder, ground	1 ¾-oz. (21 g) container	<input type="checkbox"/>	1 ¾-oz. (21 g) container	<input type="checkbox"/>
Cinnamon, ground	1 ¾-oz. (21 g) container	<input type="checkbox"/>	1 ¾-oz. (21 g) container	<input type="checkbox"/>
Coconut milk, canned	n/a		1 13-oz. (369 g) can	<input type="checkbox"/>
Coconut oil, extra-virgin	1 16-oz. (454 g) container	<input type="checkbox"/>	1 16-oz. (454 g) container	<input type="checkbox"/>
Coconut, unsweetened, shredded**	n/a		1 12-oz. (341 g) pkg.	<input type="checkbox"/>
Coriander, ground	1 ¾-oz. (21 g) container	<input type="checkbox"/>	1 ¾-oz. (21 g) container	<input type="checkbox"/>
Cumin, ground	1 ¾-oz. (21 g) container	<input type="checkbox"/>	1 ¾-oz. (21 g) container	<input type="checkbox"/>
Curry powder	1 ¾-oz. (21 g) container	<input type="checkbox"/>	1 ¾-oz. (21 g) container	<input type="checkbox"/>
Dijon mustard, vegan	1 8-oz. (227 g) jar	<input type="checkbox"/>	1 8-oz. (227 g) jar	<input type="checkbox"/>
Extra-virgin olive oil	1 32-fl. oz. (909 ml.) bottle	<input type="checkbox"/>	1 32-fl. oz. (909 ml.) bottle	<input type="checkbox"/>
Garlic cloves	2 heads (18 cloves)	<input type="checkbox"/>	2 heads (18 cloves)	<input type="checkbox"/>
Herbal seasoning blend	1 2.5-oz. (71 g) container	<input type="checkbox"/>	1 2.5-oz. (71 g) container	<input type="checkbox"/>
Himalayan salt	1 4.5-oz. (128 g) container	<input type="checkbox"/>	1 4.5-oz. (128 g) container	<input type="checkbox"/>



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MISC.	REGULAR MEAL PLAN		VEGAN MEAL PLAN	
	Amount	Check	Amount	Check
Honey, raw	1 14-oz. (398 g) jar	<input type="checkbox"/>	n/a	
Hummus, prepared	1 4-oz. (114 g) container	<input type="checkbox"/>	1 4-oz. (114 g) container	<input type="checkbox"/>
Kalamata olives	1 6-oz. (170 g) jar	<input type="checkbox"/>	1 6-oz. (170 g) jar	<input type="checkbox"/>
Lentils, brown, dry**	8 oz. (227 g)	<input type="checkbox"/>	8 oz. (227 g)	<input type="checkbox"/>
Maple syrup, pure	1 16-fl. oz. (454 ml.) bottle	<input type="checkbox"/>	1 16-fl. oz. (454 ml.) bottle	<input type="checkbox"/>
Mirin	1 17-fl. oz. (483 ml.) bottle	<input type="checkbox"/>	n/a	
Miso paste	1 17.6-oz. (500 g) container	<input type="checkbox"/>	1 17.6-oz. (500 g) container	<input type="checkbox"/>
Olive oil	1 32-fl. oz. (909 ml.) bottle	<input type="checkbox"/>	1 32-fl. oz. (909 ml.) bottle	<input type="checkbox"/>
Oregano, dried	1 ¾-oz. (21 g) container	<input type="checkbox"/>	1 ¾-oz. (21 g) container	<input type="checkbox"/>
Paprika	1 ¾-oz. (21 g) container	<input type="checkbox"/>	1 ¾-oz. (21 g) container	<input type="checkbox"/>
Pepper, black, ground	1 ¾-oz. (21 g) container	<input type="checkbox"/>	1 ¾-oz. (21 g) container	<input type="checkbox"/>
Pico de gallo salsa	1 container	<input type="checkbox"/>	1 container	<input type="checkbox"/>
Quinoa, dry**	6 oz. (170 g)	<input type="checkbox"/>	6 oz. (170 g)	<input type="checkbox"/>
Red wine vinegar	1 12-fl. oz. (341 ml.) bottle	<input type="checkbox"/>	1 12-fl. oz. (341 ml.) bottle	<input type="checkbox"/>
Rice vinegar	1 12-fl. oz. (341 ml.) bottle	<input type="checkbox"/>	1 12-fl. oz. (341 ml.) bottle	<input type="checkbox"/>
Seaweed, nori, sheets	1 4.5-oz. (128 g) package	<input type="checkbox"/>	1 4.5-oz. (128 g) package	<input type="checkbox"/>
Seaweed, wakame, dried	1 2-oz. (56 g) package	<input type="checkbox"/>	1 2-oz. (56 g) package	<input type="checkbox"/>
Sesame oil	1 11-fl. oz. (312 ml.) bottle	<input type="checkbox"/>	1 11-fl. oz. (312 ml.) bottle	<input type="checkbox"/>
Turmeric, ground	n/a		1 ¾-oz. (21 g) container	<input type="checkbox"/>

PROTEINS	REGULAR MEAL PLAN		VEGAN MEAL PLAN	
	Amount	Check	Amount	Check
Chicken breast, grilled	3 oz. (85 g)	<input type="checkbox"/>	n/a	
Eggs, large	1 dozen (or 4 each)	<input type="checkbox"/>	n/a	
Salmon, raw, wild-caught	6 oz. (170 g)	<input type="checkbox"/>	n/a	
Tempeh	2 8-oz. containers (16 oz. / 454 g)	<input type="checkbox"/>	2 8-oz. containers (16 oz. / 454 g)	<input type="checkbox"/>
Tempeh strips, smoky	1 6-oz. (170 g) package	<input type="checkbox"/>	1 6-oz. (170 g) package	<input type="checkbox"/>

*Make sure you look at snack options (including Shakeology) for the week, and add your snacks to your grocery list.

**Can be bought in bulk in some grocery stores or specialty markets.