

7-day Vegan Challenge

GROCERY LIST

You can find the 7-Day vegan challenge and meal plan with recipes here.

PRODUCE

- Bananas (freeze some!)
- Spinach
- Avocado
- Tomatoes
- Cucumber
- Scallions
- Carrots
- Arugula
- Lettuce
- Bell pepper
- Onion
- Garlic
- Fresh Parsley
- Fresh Basil
- Cilantro
- Mint
- Dill (optional)
- Berries
- Lemons

HERBS & SPICES

- Cinnamon
- Vanilla
- Black pepper
- Crushed Red Pepper
- Turmeric
- Cumin
- Coriander
- Mint (dried)
- Basil (dried)

NUTS & SEEDS

- Almond Butter
- Almonds
- Walnuts
- Sesame Seeds
- Chia Seeds
- Flaxseed
- Tahini
- Cashews
- Sunflower Seeds

PANTRY

- Olive oil
- Coconut oil
- Oats
- Quinoa
- Chickpeas, canned
- Lentils
- Maple syrup
- Vinegar
- Olives
- Tomato paste

OTHER

- Tofu, firm
- Almond milk
- Tortillas (flour or gluten-free)