



PANTRY STAPLES GROCERY GUIDE

PROTEIN

eggs (12)
tempeh

PRODUCE

bananas (6)
apples (6)
limes (2)
avocado (3)
sweet potatoes (2)
red onion (1)
yellow onion (2)
bell peppers (2)
mushrooms
carrots
celery
garlic
ginger

CAN / CONDIMENTS

1 can black beans
1 can salsa
1 can chickpeas
1 can fire roasted diced
tomatoes
1 can coconut milk
quinoa
almond butter
almonds
chia seeds
oats
cacao powder

DAIRY

almond milk
shredded cheese

EXTRA

olive oil
vegetable broth (1 lg package)
maple syrup / honey
coconut aminos / soy sauce
cinnamon
vanilla extract
garlic powder
rosemary
paprika
bay leaves
salt
pepper
turmeric
garam masala

FROZEN

frozen corn
frozen tortillas
frozen pineapple
frozen riced cauliflower
frozen spinach
frozen toast

ON THE MENU

breakfast: mushroom avocado
toast, carrot cake muffins,
banana bread overnight oats

entrees: veggie quesadillas,
pineapple teriyaki fried rice,
chickpea tikka masala

snacks: chocolate almond
energy bites, hot chocolate
latte, celery / apple with almond
butter, hard / soft boiled eggs



MEAL PLAN

MONDAY

breakfast: mushroom avocado toast with egg

snack: hot chocolate latte (1 cup almond milk, 1 tsp coconut butter, 1 tbsp cacao powder, 1/4 tsp ground ginger, 1 tsp maple syrup - blended)

lunch: veggie quesadillas with avocado

snack: chocolate almond energy bites

dinner: chickpea tikka masala

TUESDAY

breakfast: banana bread overnight oats

snack: carrot cake muffins

lunch: pineapple teriyaki fried rice

snack: apple with almond butter

dinner: chickpea tikka masala

WEDNESDAY

breakfast: carrot cake muffins

snack: apple with almond butter

lunch: veggie quesadillas with avocado

snack: celery with hummus

dinner: smoothie: 1/2 cup frozen spinach, 1 banana, 1/4 cup frozen pineapple, 1 tbsp almond butter, 1-2 cups almond milk



MEAL PLAN

THURSDAY

breakfast: mushroom avocado toast

snack: banana bread overnight oats

lunch: chickpea tikka masala

snack: chocolate almond energy bites

dinner: pineapple teriyaki stir fry

CARROT CAKE MUFFINS

ingredients

1 cup oat flour
1 cup almond flour
1/2 tsp baking powder
1/4 cup maple syrup
1/2 cup grated carrots
1 banana, mashed
1 egg
2 tbsp almond butter
1 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp vanilla extract

BANANA BREAD OVERNIGHT OATS

ingredients

1/2 banana
1/2 cup rolled oats
1 tsp maple syrup
1/4 tsp cinnamon

dash sea salt
1/2 cup almond milk
1 tbsp chia seeds

instructions

Combine all ingredients and soak overnight.

FRIDAY

breakfast: apple pie smoothie: 1 apple, 1/2 cup frozen spinach, cinnamon, nutmeg, 1/4 tsp vanilla extract, pinch of sea salt, 1 tbsp almond butter, 1-2 cups almond milk

snack: carrots and celery with hummus

lunch: veggie quesadillas

snack: carrot cake muffins

dinner: pineapple teriyaki fried rice

instructions

Preheat oven to 350F. Line cupcake trays with liners. Combine all ingredients and blend well. Bake for 30 minutes.

PINEAPPLE TERIYAKI FRIED RICE

ingredients

1 package frozen cauliflower
1 package frozen pineapple
1 yellow onion, diced
1 cup carrots, peeled and diced
1 cup celery, peeled and diced
2 cloves garlic, minced
1 tsp fresh ginger
2 tbsp coconut aminos
1 tbsp almond butter
juice of 1 lime

instructions

Saute onions, carrots, celery until translucent. Add in frozen cauliflower and pineapple. Add in cubed tempeh. In another small bowl, mix together garlic, ginger, coconut aminos, almond butter and lime juice. Pour over vegetables.

CHOCOLATE ALMOND ENERGY BITES

ingredients

1 cup almonds
1/4 cup cacao powder
1/4 cup coconut butter
pinch sea salt
1/4 tsp vanilla extract

instructions - combine all and blend

ROASTED VEGGIE QUESADILLAS

ingredients

1 can black beans
frozen corn
1 sweet potato
1 red onion
2 bell peppers
1 lime
1 can salsa
olive oil
shredded cheese of choice
tortillas
1 avocado

spices: chili powder, paprika, garlic powder, salt, pepper
instructions - preheat oven to 350 F. roast sweet potatoes until soft, ~45 minutes. saute peppers and onions with spices. add lime juice. spread roasted sweet potato on one side of tortilla, add roasted veggies, corn, cheese, and black beans. fold and saute on both sides. top with avocado and salsa.

CHICKPEA TIKKA MASALA

ingredients

1 can chickpeas
1 can fire roasted diced tomatoes
1 can full fat coconut milk
1 yellow onion, diced
1 cup frozen spinach
1 tbsp fresh garlic, minced
1 tbsp garam masala
1 tsp paprika and turmeric
1 cup quinoa

instructions: Heat oil over saute pan. Add onion and garlic and stir until fragrant. Add chickpeas, coconut milk and diced tomatoes. Add in spices. Simmer for 5 minutes. Add in frozen spinach. Serve over quinoa, cooked according to instructions.