



PANTRY STAPLES GROCERY GUIDE

PROTEIN

eggs (12)
chicken sausage
hummus

PRODUCE

bananas (6)
mixed berries
dates
carrots
cilantro
avocado (2)
broccoli
red peppers (2)
romaine lettuce
onion (3)
lemons (2)
spinach
broccoli
mushrooms
carrots
celery
garlic
ginger

CAN / CONDIMENTS

1 can diced tomatoes
vegetable or chicken broth
quinoa
lentil pasta
pine nuts
cashews
sundried tomatoes
tuna (2 cans)
full fat coconut milk
rice cakes
chia seeds
mayo
coconut butter
almond butter

DAIRY

cashew milk
yogurt

EXTRA

saffron
olive oil
vegetable broth (1 lg package)
maple syrup / honey
coconut aminos / soy sauce
cinnamon + nutmeg
vanilla extract
garlic powder
rosemary
paprika
salt
pepper

FROZEN

frozen shrimp
frozen peas
frozen spinach
frozen mango
toast

ON THE MENU

breakfast: chia seed pudding
parfait, veggie egg bake
entrees: one pot paella,
sundried tomato pasta bake,
avocado tuna tower, salad with
leftover veggies and hummus
snacks: carrot cake cashew
bites, dates stuffed with
coconut butter, celery / apple
with almond butter, carrots /
celery with hummus



MEAL PLAN

MONDAY

breakfast: egg bake with avocado and berries

snack: ginger turmeric latte (1 cup cashew milk, 1 tsp coconut butter, 1/2 tsp turmeric, 1/4 tsp ground ginger, pinch of black pepper, 1 tsp maple syrup - blended)

lunch: one pot paella

snack: cashew carrot cake bites

dinner: sundried tomato pasta bake

TUESDAY

breakfast: chia seed pudding layered with yogurt and berries

snack: egg bake

lunch: avocado tuna tower + apple

snack: dates stuffed with coconut butter

dinner: one pot paella

WEDNESDAY

breakfast: smoothie (1/2 cup frozen spinach, 1/4 cup frozen mango, banana, 1 tbsp almond butter, 1 tbsp chia seeds, few dashes of cinnamon, 1-2 cups cashew milk)

snack: chia seed pudding parfait

lunch: leftover veggie salad with romaine, hummus + rice cake with almond butter + banana

snack: coconut cashew bites

dinner: sundried tomato pasta bake



MEAL PLAN

THURSDAY

breakfast: egg bake

snack: chia seed pudding with berries

lunch: tuna avocado tower

snack: carrot cashew bites

dinner: one pot paella

CARROT CAKE CASHEW BITES

ingredients

1/2 cup chopped carrots (this was 3 small-medium sized peeled carrots for me)

1 cup raw cashews

1/4 cup coconut butter or coconut manna

2 tbsp maple syrup (or 2 dates or no sweetener at all if you prefer)

1/2 tsp vanilla extract

1/4-1/2 tsp cinnamon, 1/8 tsp nutmeg, dash of sea salt

for rolling: desiccated coconut flakes

CHIA SEED PUDDING PARFAIT

ingredients

1/2 cup chia seeds

1.5 cups full fat coconut milk

1/2 tsp vanilla extract

1/4 tsp cinnamon

FRIDAY

breakfast: smoothie (1/2 cup frozen spinach, 1/4 cup frozen mango, banana, 1 tbsp almond butter, 1 tbsp chia seeds, few dashes of cinnamon, 1-2 cups cashew milk)

snack: egg bake

lunch: tuna avocado tower

snack: carrot cashew bites

dinner: leftover veggie salad with romaine, hummus + rice cake with almond butter + banana

instructions

Pulse carrots in food processor first and transfer to separate bowl.

Pulse cashews until a crumble forms. Add carrots back in and add remainder of ingredients. Pulse until a dough forms.

Chill dough for 20 min then roll.

instructions

Combine all in large bowl and whisk well. Optional add: 1-2 tbsp maple syrup. Let sit for a few hours or overnight and layer with yogurt and berries in the morning.

ONE POT PAELLA

ingredients

1 package chicken sausage
1 package frozen shrimp
1 package frozen peas
2 cups chicken broth
1 can diced tomatoes
1 tsp saffron
2 peppers, sliced
1 lemon, juiced
1 cup rice or quinoa
1 yellow onion, diced
2 tbsp garlic, minced
1-2 tbsp olive oil
spices: salt, pepper, paprika

instructions

Heat olive oil in pan and add diced onion. Saute until translucent. Add garlic, 2 cups chicken broth, 1 can diced tomatoes, and juice of 1 lemon. Also add peppers, paprika, and saffron, and a bit more salt and pepper. Place lid on pot. After simmering for ~5 minutes, add in rice of choice. Turn heat down to low, and place the lid on the pot. Let simmer for ~15 minutes. Once finished, add shrimp and chicken sausage lid on pot for another ~5-10 minutes, until shrimp is pink.

AVOCADO TUNA TOWER

2 avocado
2 packages tuna
1/4 cup fresh, chopped cilantro
1/4 cup mayo (or hummus)
1/2 cup mango
salt, pepper, garlic powder

Instructions: Combine tuna with mayo (or hummus), salt, pepper, and garlic powder. Layer with avocado and mango. Top with cilantro.

SUNDRIED TOMATO PASTA BAKE

ingredients

1 cup cashews, soaked overnight
1/4 cup sundried tomatoes
1 cup cashew milk
1/4 cup nutritional yeast
1/2 tsp garlic powder
juice of 1 lemon
salt and pepper
1 package pasta
1 cup frozen spinach
1 cup broccoli
salt and pepper
1/4 cup pine nuts (to top)

instructions - preheat oven to 425 F. soak cashews overnight. drain, rinse, then combine in blender with sundried tomatoes, cashew milk, garlic powder, salt, pepper, nutritional yeast and lemon juice. blend until smooth.

In a pan, add raw pasta and broccoli, and pour cheese sauce on top. Cover with tin foil and bake for 30 minutes. When finished, stir in spinach. Top with pine nuts.

VEGGIE EGG BAKE

ingredients

10 eggs
1 cup mushrooms, chopped
1 cup carrots, chopped
1 cup onions, chopped
pinch of sea salt
2 tbsp nutritional yeast
1/2 tsp garlic powder
1/2 tsp dried rosemary
salt and pepper

instructions: preheat oven to broil. Chop veggies and begin sauteeing on stove top. Scramble eggs in separate bowl. Once veggies are cooked, add eggs on top. Let sit on stove top for 5 minutes. Place in oven for another 5 minutes, until top is set. Sprinkle with cilantro on top.