



Vegan Shopping List

Vegetables

Edamame	Artichokes
Lentils	Mushrooms
Beans – garbanzo, black, kidney, Northern, white, refried, etc.	Asparagus
Peas	Corn
Spinach	Peppers
Kale	Lettuces
Broccoli	Sweet Potatoes
Brussel Sprouts	Potatoes
	All other vegetables are great as well

Fruits

Apples	Pears
Oranges	Peaches
Bananas	Melons
Berries	Pineapple
Avocados	Any fruit fits into a healthy diet

Whole Grains

Brown or Wild Rice	Millet
Whole wheat Pastas	Steel Cut or Rolled Oats
Quinoa	Spelt
Buckwheat	Farro
Barley	Popcorn
Bulgur	

Nuts/Seeds

** You can buy raw nuts and toast them yourself*

Almonds	Trail Mix
Cashews	Chia Seeds
Pistachios	Flaxseed
Walnuts	Hemp seeds
Pecans	Sunflower seeds
Macadamia nuts	Sesame seeds
Pine nuts	Pumpkin Seeds
Brazil nuts	Nut Butters – peanut, almond, cashew, etc.

https://navs-online.org/wp-content/uploads/2016/03/nuts_seeds_chart-sm.jpg



Proteins

**These foods have the highest amount of vegan friendly protein*

Lentils	Edamame
Hummus	Spinach
Tofu	Black Eyed Peas
Beans	Broccoli
Quinoa, Soy	Asparagus
Chick Peas	Green Beans
Green Peas	Almonds
Artichokes	Spirulina
Hemp Seeds	Tahini
Chia Seeds	Nutritional Yeast
Oatmeal	Peanut Butter
Pumpkin Seeds	Amaranth
Hemp Milk	

Other Items

Milk substitute – almond, cashew, soy, coconut, hemp, rice
Butter (Earth Balance) and Cheese Substitutes (Vegan cheeses)
Meat Substitutes
Non-Dairy Yogurt
Tempeh
Seitan
Soba Noodles
Nutritional Yeast – high in Vitamin D

Seasonings

Red Pepper flakes	Dried Thyme
Sriracha (hot sauce)	Ground Chipotle
Low-sodium Tamari or Soy Sauce	Chili Powder
Rice Vinegar	Cumin
Dried basil	Onion Powder
Dried oregano	Ground Ginger
Dried Rosemary	Tumeric



Meal Type	Meal Components	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	¼ cup Bob Red's Mill steel cut oats with ½ Tbsp chia seeds, ½ Tbsp flax seeds, 10 almonds, and ½ scoop Garden of Life Raw Organic Vegan Protein Powder https://www.gardenoflife.com/content/product/why-choose-raw-protein/ ½ cup scrambled tofu, seasoned with salt, pepper, turmeric, and 2 tablespoons nutritional yeast - https://www.thekitchn.com/how-to-scramble-tofu-234849	40	41	21	513
Pre-Workout Snack	1 scoop Extend BCAA's in 8-16 ounces of water http://www.scivation.com/product/xtend/ 1 medium banana	27	1	0	105
Post-Workout Snack	1 scoop Garden of Life Raw Organic Vegan Protein Powder in water or almond milk	2	22	2	110
Lunch	Burrito Bowl: ½ cup Beyond Meat Feisty Beef Crumbles ½ cup brown rice 2 cups shredded lettuce 2 tablespoons salsa	44	31	12	408
Dinner	1 Beyond Meat Original Brat 3 ounces sweet potato 2 cup broccoli flowerets or other veggies of choice ½ cup pineapple chunks	40	22	12	356
Nighttime Snack	1 serving (28 grams) dry roasted peanuts 1 scoop Garden of Life Raw Organic Vegan Protein Powder in water or almond milk -	7	30	16	292
		160	147	63	1,784



Meal Type	Meal Components	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	1 container (5.3 ounces) almond milk yogurt ½ cup strawberries ¼ cup pumpkin seeds ¼ cup diced avocado 1 scoop Garden of Life Raw Organic Vegan Protein https://www.gardenoflife.com/content/product/why-choose-raw-protein/	30	33	23	459
Pre-Workout Snack	1 scoop Extend BCAA's in 8-16 ounces of water http://www.scivation.com/product/xtend/ 1 cup pineapple chunks	22	1	0	82
Post-Workout Snack	1.5 scoops Garden of Life Raw Organic Vegan Protein Powder in water or almond milk	3	33	3	165
Lunch	Taco Salad: 1 serving corn tortilla chips, crushed ½ cup Beyond Meat Fiesty Crumbles ½ cup black beans 2 cups salad greens with 1 cup raw mixed veggies and salsa drizzle with ¼ Tbsp olive oil	25	19	8	248
Dinner	5 ounces Tempeh cooked as desired 4 roasted fingerling potatoes 8-10 asparagus spears 1 cup blueberries	36	34	21	469
Nighttime Snack	1 cup edamame 1 medium apple	39	19	8	296
		155	139	63	1,719



Meal Type	Meal Components	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	1 vegan pancake: 1/3 cup sparkling water 1/3 cup almond milk 1/3 cup almond flour ½ tsp baking powder Use non-stick cooking spray on pan Top with 2 Tbsp natural nut butter	22	18	32	448
Pre-Workout Snack	1 scoop Extend BCAA's in 8-16 ounces of water http://www.scivation.com/product/xtend/ 1 medium apple	25	0	0	100
Post-Workout Snack	1.5 scoops Garden of Life Raw Organic Vegan Protein Powder in water or almond milk https://www.gardenoflife.com/content/product/why-choose-raw-protein/	3	33	3	165
Lunch	Cauliflower Rice Burrito Bowl https://minimalistbaker.com/cauliflower-rice-burrito-bowl/	33	17	13	317
Dinner	6 strips lightly seasoned Beyond Meat chicken strips 1 cup brown rice 1 cup Brussel sprouts baked using ½ Tbsp olive oil ½ cup raspberries	55	29	15	471
Nighttime Snack	2 cups air popped popcorn 2 Tbsp nutritional yeast 1.5 scoops Garden of Life Raw Organic Vegan Protein Powder in water or almond milk	17	46	2	270
		155	143	65	1,771



Meal Type	Meal Components	Carbs (g)	Protein (g)	Fat (g)	Calories
Breakfast	Avocado Toast: 1 slice Dave's Killer Bread http://www.daveskillerbread.com/21-whole-grains-and-seeds ½ avocado, mashed 2 Tbsp nutritional yeast Turmeric and black pepper 1 thick slice tomato 1 Tbsp sunflower seeds	36	17	17	365
Pre-Workout Snack	1 scoop Extend BCAA's in 8-16 ounces of water http://www.scivation.com/product/xtend/ 2 Applesauce Pouches	32	0	0	140
Post-Workout Snack	1.5 scoops Garden of Life Raw Organic Vegan Protein Powder in water or almond milk https://www.gardenoflife.com/content/product/why-choose-raw-protein/	3	33	3	165
Lunch	Beyond Meat Lightly Seasoned Chicken Strips on whole wheat bun Side of veggies of choice/side salad with vinegar-based dressing	29	26	7	283
Dinner	6 ounces tofu, cooked as desired ½ cup quinoa, cooked 2 cups roasted broccolini with 1 Tbsp olive oil 1 cup strawberries	49	24	25	480
Nighttime Snack	1 serving roasted chickpeas https://www.allrecipes.com/recipe/81548/roasted-chickpeas/ Sprinkle with 2 Tbsp nutritional yeast 1 scoop Garden of Life Raw Organic Vegan Protein Powder in water or almond milk	26	37	10	357
		175	137	62	1,790