

FRUITS

- 2 Apple
- 1 1/2 Avocado
- 2 3/4 Banana
- 1 tbsp Lemon Juice
- 1/2 Lime
- 1 Pear
- 2 tsps Pomegranate Seeds

BREAKFAST

- 1/3 cup All Natural Peanut Butter
- 1/3 cup Almond Butter
- 1/3 cup Maple Syrup
- 3 Plain Rice Cake
- 1/2 cup Steel Cut Oats

SEEDS, NUTS & SPICES

- 1/3 tsp Black Pepper
- 0 Black Pepper
- 1/3 cup Chia Seeds
- 3/4 tsp Chili Powder
- 1 1/3 tsps Cinnamon
- 1 1/2 tsps Cumin
- 1 tbsp Curry Powder
- 1/2 tsp Dried Thyme
- 1/4 cup Ground Flax Seed
- 1/8 tsp Ground Ginger
- 1 tsp Himalayan Salt
- 1/8 tsp Nutmeg
- 1 3/4 tsps Paprika
- 1/2 cup Pecans
- 1/3 cup Pumpkin Seeds
- 1/8 tsp Red Pepper Flakes
- 2/3 tsp Sea Salt
- 1/4 cup Walnuts

VEGETABLES

- 4 cups Baby Spinach
- 1 1/2 cups Basil Leaves
- 3 1/2 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 6 1/8 Garlic
- 1 1/2 tsps Ginger
- 2 cups Green Beans
- 1/4 Green Bell Pepper
- 1/2 stalk Green Onion
- 1/2 cup Red Onion
- 1/2 Sweet Onion
- 2 1/3 Sweet Potato
- 1/2 Yellow Bell Pepper
- 1 Yellow Onion
- 2 Zucchini

BOXED & CANNED

- 1 2/3 cups Black Beans
- 1/2 cup Brown Rice
- 113 grams Chickpea Pasta
- 1 cup Corn
- 3/4 cup Diced Tomatoes
- 1/2 cup Jasmine Rice
- 1 cup Lentils
- 1 1/8 cups Organic Coconut Milk
- 1/4 cup Organic Vegetable Broth
- 1/3 cup Quick Oats
- 1/3 cup Quinoa

BREAD, FISH, MEAT & CHEESE

- 2 slices Gluten Free Bread
- 225 grams Tofu

CONDIMENTS & OILS

- 1 1/2 tsps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1/4 cup Coconut Oil
- 2 1/2 tsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Tamari

COLD

- 2 3/4 cups Unsweetened Almond Milk

OTHER

- 1/2 cup Chocolate Protein Powder
- 1 1/2 cups Water

FROZEN

- 4 Brown Rice Tortillas
- 1/3 cup Frozen Blueberries
- 3 1/3 tsps Frozen Corn

BAKING

- 1 tbsp Baking Powder
- 2 1/4 tsps Blackstrap Molasses
- 2 3/4 tsps Cacao Powder
- 1/2 cup Chickpea Flour
- 1 tbsp Cocoa Powder
- 1/8 tsp Ground Cloves
- 1 1/2 tsps Nutritional Yeast
- 1/2 cup Oats
- 1/4 cup Organic Dark Chocolate Chips
- 1 1/4 tsps Organic Raisins
- 1/4 cup Unsweetened Coconut Flakes