

Weekly grocery shopping list

Vegan Keto · Monday through Sunday

33

Unique ingredients

9

Recipe servings

5

Unique recipes

1813 g

Estimated total weight

Basic ingredients

29 items

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|--------------------------|---|-------------------------------------|
| ☐ | Almond milk, unsweetened, plain
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 1 cup (262 g) |
| ☐ | Arugula, raw
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 0.25 cups (5 g) |
| ☐ | Avocados, raw
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 0.5 pieces (100.5 g) |
| ☐ | Beverages, tea, green, brewed, regular
Used in 1 recipe, such as Green Tea | 3 cups (735 g) |
| ☐ | Blueberries, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 0.05 package (20 oz)s (28 g) |
| ☐ | Brussels sprouts, raw
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 1 sprout (19 g) |
| ☐ | Cacao Nibs, raw
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 25 g (25 g) |
| ☐ | Celery, raw
Used in 2 recipes, such as Calicen Salad Week 3-8 | 21 stick (4")s (84 g) |
| ☐ | Chia seeds, dry, raw
Used in 2 recipes, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 0.47 oz (13.3 g) |
| ☐ | Egg, whole, cooked, hard-boiled
Used in 1 recipe, such as Calicen Salad Week 3-8 | 1 large (50 g) |
| ☐ | Flaxseed
Used in 2 recipes, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 1.29 tbsp, wholes (13.3 g) |
| ☐ | Kale, raw
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 0.5 cups (10.5 g) |

☐	Lemon grass (citronella), raw Used in 1 recipe, such as Herbal Tea	3 tablespoons (14.4 g)
☐	Lettuce, butterhead (includes boston and bibb types), raw Used in 1 recipe, such as Calicen Salad Week 3-8	1 leaf, medium (7.5 g)
☐	MCT Oil Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao)	1 tablespoon (14 g)
☐	Miso Used in 1 recipe, such as Keto vegan Miso Soup (falta alga nori)	1 tablespoon (17 g)
☐	Mushroom, Shiitake Used in 1 recipe, such as Keto vegan Miso Soup (falta alga nori)	2.11 whole pieces (40 g)
☐	Nori Seaweed, dry sheet Used in 1 recipe, such as Keto vegan Miso Soup (falta alga nori)	1 sheet (3 g)
☐	Olive Oil, extra virgin Used in 1 recipe, such as Calicen Salad Week 3-8	1 tablespoon (13.5 g)
☐	Parsley, fresh Used in 1 recipe, such as Calicen Salad Week 3-8	20 g (20 g)
☐	Salt, table, iodized Used in 1 recipe, such as Calicen Salad Week 3-8	1 teaspoon (6 g)
☐	Seeds, sesame seeds, whole, dried Used in 2 recipes, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao)	1.48 tablespoons (13.3 g)
☐	Spices, pepper, black Used in 1 recipe, such as Calicen Salad Week 3-8	1 tsp, ground (2.3 g)
☐	Spinach, frozen, without salt Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao)	0.5 cups (95 g)
☐	Spring Onion, whole, raw Used in 2 recipes, such as Calicen Salad Week 3-8	2 medium (4-1/8" long)s (30 g)
☐	Stevia Extract Powder, Sweetener Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao)	1 g (1 g)
☐	Tofu, extra firm, prepared with nigari Used in 1 recipe, such as Keto vegan Miso Soup (falta alga nori)	0.1 blocks (45.5 g)
☐	Tomatoes, red, ripe, raw Used in 1 recipe, such as Calicen Salad Week 3-8	4.25 slice, medium (1/4" thick)s (85 g)
☐	Vinegar, cider Used in 1 recipe, such as Calicen Salad Week 3-8	2 tablespoons (29.8 g)

Supplements

4 items

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| ☐ | Creatine Monohydrate
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 1 Serving (1 Scoop) (5 g) |
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| ☐ | Mushroom Trio+
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 1 Serving (1 Scoop) (10 g) |
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| ☐ | Potassium Citrate
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 1 Serving (1 Scoop) (5 g) |
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| ☐ | Skin Collagen Matrix+
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 1 Serving (1 Scoop) (10 g) |