

Weekly grocery shopping list

Vegan High Protein · Monday through Sunday

37

Unique ingredients

9

Recipe servings

5

Unique recipes

2701.7 g

Estimated total weight

Basic ingredients

32 items

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| ☐ | Almond milk, unsweetened, plain
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 1 cup (262 g) |
| ☐ | Arugula, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 0.25 cups (5 g) |
| ☐ | Avocados, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 0.5 pieces (100.5 g) |
| ☐ | Beverages, tea, green, brewed, regular
Used in 1 recipe, such as Green Tea | 3 cups (735 g) |
| ☐ | Blueberries, wild, frozen
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 0.43 cups (60 g) |
| ☐ | Brussels sprouts, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 2 sprouts (38 g) |
| ☐ | Cacao Nibs, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 25 g (25 g) |
| ☐ | Carrots, mature, raw
Used in 1 recipe, such as Cucumber Salad | 1 small (5-1/2" long) (50 g) |
| ☐ | Celery, raw
Used in 2 recipes, such as Cucumber Salad | 7.76 stalk, small (5" long)s (132 g) |
| ☐ | Chia seeds, dry, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 5 g (5 g) |
| ☐ | Coriander (cilantro) leaves, raw
Used in 1 recipe, such as Lentils and soy soup | 2.5 cups (40 g) |
| ☐ | Cucumber, with peel, raw
Used in 1 recipe, such as Cucumber Salad | 1 cucumber (8-1/4") (301 g) |

☐	Flaxseed Used in 1 recipe, such as Calicen Smoothie Week 10-15	2 tsp, grounds (5 g)
☐	Garlic, raw Used in 1 recipe, such as Lentils and soy soup	2 cloves (6 g)
☐	Kale, raw Used in 1 recipe, such as Calicen Smoothie Week 10-15	0.5 cups (10.5 g)
☐	Lemon grass (citronella), raw Used in 1 recipe, such as Herbal Tea	3 tablespoons (14.4 g)
☐	Lentils, mature seeds, cooked, boiled, without salt Used in 1 recipe, such as Lentils and soy soup	1 cup (198 g)
☐	Olive Oil, extra virgin Used in 2 recipes, such as Lentils and soy soup	0.25 cups (54 g)
☐	Onions, raw Used in 1 recipe, such as Lentils and soy soup	2 tbsp choppeds (20 g)
☐	Peanuts, raw Used in 1 recipe, such as Cucumber Salad	1 oz (28.4 g)
☐	Peppers, bell, red, raw Used in 1 recipe, such as Cucumber Salad	1 medium (approx 2-3/4" long, 2-1/2 dia.) (119 g)
☐	Salt, table, iodized Used in 1 recipe, such as Lentils and soy soup	1 teaspoon (6 g)
☐	Seeds, hemp seed, hulled Used in 1 recipe, such as Cucumber Salad	6 tablespoons (60 g)
☐	Seeds, pumpkin seeds (pepitas), raw Used in 1 recipe, such as Calicen Smoothie Week 10-15	5 g (5 g)
☐	Seeds, sesame seeds, whole, dried Used in 1 recipe, such as Calicen Smoothie Week 10-15	5 g (5 g)
☐	Soy protein isolate Used in 1 recipe, such as Lentils and soy soup	1.76 oz (50 g)
☐	Spices, paprika Used in 1 recipe, such as Lentils and soy soup	1 tablespoon (6.8 g)
☐	Spices, pepper, black Used in 1 recipe, such as Lentils and soy soup	1 tsp, whole (2.9 g)
☐	Spinach, frozen, without salt Used in 1 recipe, such as Calicen Smoothie Week 10-15	0.5 cups (95 g)

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| ☐ | Spring Onion, whole, raw
Used in 1 recipe, such as Cucumber Salad | 1 large (25 g) |
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| ☐ | Tomatoes, red, ripe, raw
Used in 1 recipe, such as Lentils and soy soup | 1 medium whole (2-3/5" dia)
(123 g) |
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| ☐ | Vinegar, cider
Used in 1 recipe, such as Cucumber Salad | 3 tablespoons (44.7 g) |
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Supplements

5 items

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| ☐ | Creatine Monohydrate
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 1 Serving (1 Scoop) (5 g) |
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| ☐ | Mushroom Trio+
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 1 Serving (1 Scoop) (10 g) |
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| ☐ | Potassium Citrate
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 2 Serving (1 Scoop)s (10 g) |
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| ☐ | Skin Collagen Matrix+
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 1 Serving (1 Scoop) (10 g) |
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| ☐ | Vegan Protein+ Amino Balanced
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 1 Serving (1 Scoop) (34.6 g) |
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