

Weekly grocery shopping list

Vegan Keto · Monday through Sunday

59

Unique ingredients

73

Recipe servings

13

Unique recipes

15687.6 g

Estimated total weight

Basic ingredients

49 items

- | | | |
|--------------------------|---|-----------------------------------|
| ☐ | Almond Flour
Used in 1 recipe, such as Keto tortillas (almond, flaxseed and coconut) | 3.73 tablespoons (22.4 g) |
| ☐ | Almond milk, unsweetened, plain
Used in 4 recipes, such as Calicen Smoothie Weeks 5-8 | 8.75 cups (2292.5 g) |
| ☐ | Arugula, raw
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 | 1.25 cups (25 g) |
| ☐ | Avocados, raw
Used in 5 recipes, such as Keto Avocado-Cucumber salad | 9.5 pieces (1909.5 g) |
| ☐ | Baby spinach, raw
Used in 1 recipe, such as Vegan keto Buddha bowl | 90 g (90 g) |
| ☐ | Beverages, tea, green, brewed, regular
Used in 1 recipe, such as Green Tea | 21 cups (5145 g) |
| ☐ | Blueberries, frozen, unsweetened
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 | 0.9 cup, unthaweds (140 g) |
| ☐ | Brussels sprouts, raw
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 | 5 sprouts (95 g) |
| ☐ | Cacao Nibs, raw
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 | 125 g (125 g) |
| ☐ | Celery, raw
Used in 2 recipes, such as Keto Avocado-Cucumber salad | 4.25 servings (468 g) |
| ☐ | Chia seeds, dry, raw
Used in 4 recipes, such as Keto Avocado-Cucumber salad | 4.53 oz (128.4 g) |
| ☐ | Coconut flour
Used in 2 recipes, such as Keto Grain Free "Instant Oats" | 3.25 tablespoons (26 g) |

☐	Cucumber, with peel, raw Used in 2 recipes, such as Keto Avocado-Cucumber salad	3.76 cucumber (8")s (1131.5 g)
☐	Dijon Mustard Used in 1 recipe, such as Vegan keto Buddha bowl	3 tablespoons (45 g)
☐	Edamame, frozen, unprepared Used in 1 recipe, such as Vegan keto Buddha bowl	1.5 cups (177 g)
☐	Flaxseed Used in 4 recipes, such as Keto Avocado-Cucumber salad	14 tbsp, grounds (98 g)
☐	Garlic, raw Used in 1 recipe, such as Guacamole and shiitake	1 cloves (3 g)
☐	Kale, raw Used in 1 recipe, such as Calicen Smoothie Weeks 5-8	2.5 cups (52.5 g)
☐	Lemon grass (citronella), raw Used in 1 recipe, such as Herbal Tea	21 tablespoons (100.8 g)
☐	Lemon juice, raw Used in 1 recipe, such as Vegan keto Buddha bowl	3 lemon yields (144 g)
☐	Lime juice, raw Used in 1 recipe, such as Guacamole and shiitake	1 lime yields (44 g)
☐	MCT Oil Used in 2 recipes, such as Calicen Smoothie Weeks 5-8	7 tablespoons (98 g)
☐	Monk fruit Extract Powder, Sweetener Used in 2 recipes, such as Keto Peanut butter smoothie	2 tablespoons (3 g)
☐	Mushroom, oyster Used in 1 recipe, such as Mushrooms stew	1 cup sliced (86 g)
☐	Mushroom, Shiitake Used in 2 recipes, such as Guacamole and shiitake	8 whole pieces (152 g)
☐	Nuts, almonds, whole, raw Used in 4 recipes, such as Keto Avocado-Cucumber salad	2.27 cup, sliced (208.7 g)
☐	Nuts, coconut meat, dried (desiccated), not sweetened Used in 1 recipe, such as Keto Vegan chia and coconut bowl	1 oz (28.4 g)
☐	Nuts, coconut meat, dried (desiccated), toasted Used in 1 recipe, such as Keto Grain Free "Instant Oats"	20 g (20 g)
☐	Nuts, pecans, halves, raw Used in 2 recipes, such as Vegan keto Buddha bowl	3.5 oz (19 halves)s (99.2 g)

☐	Oil, sesame, salad or cooking Used in 1 recipe, such as Vegan keto Buddha bowl	3 tablespoons (40.8 g)
☐	Olive Oil, extra virgin Used in 5 recipes, such as Keto Avocado-Cucumber salad	1.84 cups (396.9 g)
☐	Onions, raw Used in 1 recipe, such as Vegan keto Buddha bowl	11.5 rings (69 g)
☐	Parsley, fresh Used in 2 recipes, such as Keto Avocado-Cucumber salad	3.63 cups (chopped) (217.6 g)
☐	Peanuts, raw Used in 1 recipe, such as Keto Peanut butter smoothie	2.07 oz (58.8 g)
☐	Peppers, bell, green, raw Used in 1 recipe, such as Vegan keto Buddha bowl	1.5 cup, choppeds (223.5 g)
☐	Psyllium Husk Used in 1 recipe, such as Keto tortillas (almond, flaxseed and coconut)	4 g (4 g)
☐	Salt, table, iodized Used in 5 recipes, such as Keto Avocado-Cucumber salad	6.5 teaspoons (39 g)
☐	Seeds, sesame seeds, whole, dried Used in 3 recipes, such as Keto Avocado-Cucumber salad	9.89 tablespoons (89 g)
☐	Spices, paprika Used in 1 recipe, such as Vegan keto Buddha bowl	3 teaspoons (6.9 g)
☐	Spices, pepper, black Used in 3 recipes, such as Keto Avocado-Cucumber salad	17.5 g (17.5 g)
☐	Spinach, frozen, without salt Used in 1 recipe, such as Calicen Smoothie Weeks 5-8	2.5 cups (475 g)
☐	Spring Onion (green), whole, raw Used in 3 recipes, such as Keto Avocado-Cucumber salad	13 medium (4" long)s (195 g)
☐	Stevia Extract Powder, Sweetener Used in 1 recipe, such as Calicen Smoothie Weeks 5-8	5 g (5 g)
☐	Tap Water, drinking Used in 1 recipe, such as Keto tortillas (almond, flaxseed and coconut)	1.6 fl ozs (47.4 g)
☐	Tofu, extra firm, prepared with nigari Used in 1 recipe, such as Vegan keto Buddha bowl	0.3 blocks (136.5 g)
☐	Tomatoes, red, ripe, raw Used in 1 recipe, such as Mushrooms stew	3 cherries (51 g)

-
- | | | |
|--------------------------|--|---------------------------|
| ☐ | Vanilla extract
Used in 1 recipe, such as Keto Grain Free "Instant Oats" | 1 teaspoon (4.2 g) |
|--------------------------|--|---------------------------|
-
- | | | |
|--------------------------|---|-------------------------------|
| ☐ | White Wine Vinegar
Used in 2 recipes, such as Keto Avocado-Cucumber salad | 24 tablespoons (360 g) |
|--------------------------|---|-------------------------------|
-
- | | | |
|--------------------------|---|----------------------|
| ☐ | Xanthan Gum
Used in 1 recipe, such as Keto tortillas (almond, flaxseed and coconut) | 1.2 g (1.2 g) |
|--------------------------|---|----------------------|
-

Supplements

10 items

-
- | | | |
|--------------------------|--|------------------------------------|
| ☐ | Creatine Monohydrate
Used in 2 recipes, such as Calicen Smoothie Weeks 5-8 | 7 Serving (1 Scoop)s (35 g) |
|--------------------------|--|------------------------------------|
-
- | | | |
|--------------------------|--|-----------------------------------|
| ☐ | D3/K2+ Bones for Life Cycles
Used in 1 recipe, such as Capsule supplements | 7 Serving (1 Cap)s (4.7 g) |
|--------------------------|--|-----------------------------------|
-
- | | | |
|--------------------------|--|------------------------------------|
| ☐ | Elements+ Mineral Foundation
Used in 1 recipe, such as Capsule supplements | 7 Serving (2 Caps)s (9.4 g) |
|--------------------------|--|------------------------------------|
-
- | | | |
|--------------------------|--|-----------------------------------|
| ☐ | Mega B+ Turn it on
Used in 1 recipe, such as Capsule supplements | 7 Serving (1 Cap)s (5.1 g) |
|--------------------------|--|-----------------------------------|
-
- | | | |
|--------------------------|--|------------------------------------|
| ☐ | Mushroom Trio+
Used in 2 recipes, such as Calicen Smoothie Weeks 5-8 | 7 Serving (1 Scoop)s (70 g) |
|--------------------------|--|------------------------------------|
-
- | | | |
|--------------------------|--|-------------------------------------|
| ☐ | Omega3 DHA/EPA
Used in 1 recipe, such as Capsule supplements | 7 Serving (2 Caps)s (17.5 g) |
|--------------------------|--|-------------------------------------|
-
- | | | |
|--------------------------|---|------------------------------------|
| ☐ | Potassium Citrate
Used in 2 recipes, such as Calicen Smoothie Weeks 5-8 | 7 Serving (1 Scoop)s (35 g) |
|--------------------------|---|------------------------------------|
-
- | | | |
|--------------------------|---|------------------------------------|
| ☐ | Senolytics Stack+
Used in 1 recipe, such as Capsule supplements | 7 Serving (2 Cap)s (10.1 g) |
|--------------------------|---|------------------------------------|
-
- | | | |
|--------------------------|---|------------------------------------|
| ☐ | Skin Collagen Matrix+
Used in 2 recipes, such as Calicen Smoothie Weeks 5-8 | 7 Serving (1 Scoop)s (70 g) |
|--------------------------|---|------------------------------------|
-
- | | | |
|--------------------------|--|-------------------------------------|
| ☐ | Vegan Protein+ Amino Balanced
Used in 1 recipe, such as Keto Vegan chia and coconut bowl | 1 Serving (1 Scoop) (34.6 g) |
|--------------------------|--|-------------------------------------|
-