Weekly grocery shopping list

Edition 2026 · Weeks 7–8 · Vegan Keto · Monday through Sunday

58	73	13	15870.4 g
Unique ingredients	Recipe servings	Unique recipes	Estimated total weight

Basic ingredients

48 items

- [ ] **Almond Flour**
  Used in 2 recipes, such as Keto tortillas (almond, flaxseed and coconut)
  6 tablespoons (36 g)
- [ ] **Almond milk, unsweetened, plain**
  Used in 4 recipes, such as Calicen Smoothie Weeks 5-8
  9 cups (2358 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 pieces (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 Grain Free "Instant Oats"
  2.3 tablespoons (18.4 g)

Coconut meat, dried or toasted Used in 1 recipe, such as Grain Free "Instant Oats"	**10 g (10 g)**
Cucumber, with peel, raw Used in 2 recipes, such as Keto Avocado-Cucumber salad	**11 cups (slices) (1143.8 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	**9.05 tbsp, wholes (93.2 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	**0.68 larges (100 g)**
Mushroom, Shiitake Used in 2 recipes, such as Mushrooms stew	**9.26 whole pieces (176 g)**
Nuts, almonds, whole, raw Used in 4 recipes, such as Keto Avocado-Cucumber salad	**2.51 cup, slivereds (271.2 g)**
Nuts, coconut meat, dried, not sweetened Used in 1 recipe, such as Keto Vegan chia and coconut bowl	**1 oz (28.4 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 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	**1.9 cups (410.4 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	**2.75 tablespoons (49.5 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	**11.5 tsp, wholes (33.4 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 4 recipes, such as Keto Avocado-Cucumber salad	**9.5 larges (237.5 g)**
Stevia Extract Powder, Sweetener Used in 1 recipe, such as Calicen Smoothie Weeks 5-8	**5 g (5 g)**
Tofu, extra firm 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 Grain Free "Instant Oats"	**1 teaspoon (4.2 g)**
Water, drinking Used in 1 recipe, such as Keto tortillas (almond, flaxseed and coconut)	**1.6 fl ozs (47.4 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)