Weekly grocery shopping list

Edition 2026 · Weeks 10–11 · Vegan High Protein · Monday through Sunday

62	75	16	20407.2 g
Unique ingredients	Recipe servings	Unique recipes	Estimated total weight

Basic ingredients

52 items

☐	**Almond milk, unsweetened, plain** Used in 2 recipes, such as Calicen Smoothie Week 10-15	**8 cups (2096 g)**
☐	**Apples, fuji, with skin, raw** Used in 1 recipe, such as Apple and peanut butter	**1 large (236 g)**
☐	**Arugula, raw** Used in 1 recipe, such as Calicen Smoothie Week 10-15	**1.75 cups (35 g)**
☐	**Avocados, raw** Used in 1 recipe, such as Calicen Smoothie Week 10-15	**3.5 pieces (703.5 g)**
☐	**Bananas, ripe and slightly ripe, raw** Used in 1 recipe, such as Fruit and nuts snack	**1 small (6" to 6-7/8" long) (101 g)**
☐	**Bell Peppers, yellow, raw** Used in 1 recipe, such as Calicen Salad Week 10-11	**2 large (3" ea.)s (372 g)**
☐	**Beverages, tea, green, brewed, regular** Used in 1 recipe, such as Green Tea	**21 cups (5145 g)**
☐	**Blueberries, wild, frozen** Used in 2 recipes, such as Calicen Smoothie Week 10-15	**3.36 cups (470 g)**
☐	**Brussels sprouts, raw** Used in 1 recipe, such as Calicen Smoothie Week 10-15	**14 pieces (266 g)**
☐	**Cacao Nibs, raw** Used in 3 recipes, such as Calicen Smoothie Week 10-15	**200 g (200 g)**
☐	**Carrots, mature, raw** Used in 4 recipes, such as Calicen Salad Week 10-11	**6.25 large (8")s (450 g)**
☐	**Celery, raw** Used in 3 recipes, such as Calicen Salad Week 10-11	**17.5 stalk, large (12" ea.)s (1120 g)**

Chia seeds, dry, raw Used in 5 recipes, such as Calicen Smoothie Week 10-15	**2.23 oz (63.3 g)**
Chickpeas, canned, drained solids Used in 2 recipes, such as Calicen Salad Week 10-11	**3 can draineds (759 g)**
Coriander (cilantro) leaves, raw Used in 2 recipes, such as Lentils and soy soup	**7.5 cups (120 g)**
Cucumber, with peel, raw Used in 2 recipes, such as Cucumber Salad	**9.26 cups (slices) (963.2 g)**
Edamame, frozen, unprepared Used in 1 recipe, such as Buddha bowl	**1 cup (118 g)**
Flaxseed Used in 5 recipes, such as Calicen Smoothie Week 10-15	**9.05 tbsp, grounds (63.3 g)**
Garlic, raw Used in 3 recipes, such as Lentils and soy soup	**7 cloves (21 g)**
Kale, raw Used in 1 recipe, such as Calicen Smoothie Week 10-15	**3.5 cups (73.5 g)**
Lemon grass (citronella), raw Used in 1 recipe, such as Herbal Tea	**21 tablespoons (100.8 g)**
Lentils, mature seeds, cooked, boiled, without salt Used in 1 recipe, such as Lentils and soy soup	**2 cups (396 g)**
Lettuce, Romaine, raw Used in 1 recipe, such as Calicen Salad Week 10-11	**2 heads (1252 g)**
Mangos, raw Used in 0 recipes, such as	**0.5 fruit without refuses (168 g)**
Miso Used in 1 recipe, such as Miso Soup	**1 tablespoon (17 g)**
Mushroom, oyster Used in 1 recipe, such as Soy and mushrooms	**0.5 cups (sliced) (43 g)**
Mushroom, Shiitake Used in 1 recipe, such as Miso Soup	**2.11 whole pieces (40 g)**
New Zealand spinach, raw Used in 1 recipe, such as Buddha bowl	**2 cup, choppeds (112 g)**
Nori Seaweed, dry sheet Used in 1 recipe, such as Miso Soup	**1 sheet (3 g)**

Nuts, almonds, whole, raw Used in 2 recipes, such as Calicen Salad Week 10-11	**1.01 cup, wholes (144 g)**
Oil, sesame Used in 1 recipe, such as Buddha bowl	**2 tablespoons (27.2 g)**
Olive Oil, extra virgin Used in 5 recipes, such as Calicen Salad Week 10-11	**21 tablespoons (283.5 g)**
Peanuts, raw Used in 3 recipes, such as Cucumber Salad	**1.23 cups (179.4 g)**
Peppers, bell, green, raw Used in 1 recipe, such as Buddha bowl	**1 cup, chopped (149 g)**
Peppers, bell, red, raw Used in 2 recipes, such as Cucumber Salad	**3.5 medium (2-1/2")s (416.5 g)**
Potatoes, white, flesh and skin, raw Used in 1 recipe, such as Tofu and Chickpea soup	**1 small (1-3/4" to 2-1/4" dia.) (92 g)**
Red cherry tomatoe, raw Used in 1 recipe, such as Calicen Salad Week 10-11	**32 pieces (480 g)**
Rice, white, short-grain, enriched, cooked Used in 1 recipe, such as Tofu and Chickpea soup	**1.5 cups (279 g)**
Roma tomatoe, raw Used in 1 recipe, such as Lentils and soy soup	**2 pieces (140 g)**
Salt, table, iodized Used in 6 recipes, such as Lentils and soy soup	**2.24 tablespoons (40.4 g)**
Seeds, hemp seed, hulled Used in 2 recipes, such as Cucumber Salad	**30 tablespoons (300 g)**
Seeds, pumpkin seeds (pepitas), raw Used in 2 recipes, such as Calicen Smoothie Week 10-15	**1.76 oz (50 g)**
Seeds, sesame seeds, whole, dried Used in 5 recipes, such as Calicen Smoothie Week 10-15	**7.04 tablespoons (63.3 g)**
Soy protein isolate Used in 2 recipes, such as Lentils and soy soup	**4.53 oz (128.4 g)**
Soy sauce made from hydrolyzed vegetable protein Used in 1 recipe, such as Buddha bowl	**6 tablespoons (108 g)**
Spices, bay leaf Used in 1 recipe, such as Tofu and Chickpea soup	**1 g (1 g)**

Spices, paprika Used in 3 recipes, such as Lentils and soy soup	**22.8 g (22.8 g)**
Spices, pepper, black Used in 4 recipes, such as Calicen Salad Week 10-11	**3.51 tbsp, grounds (24.2 g)**
Spinach, frozen, without salt Used in 1 recipe, such as Calicen Smoothie Week 10-15	**3.5 cups (665 g)**
Spring Onion (green), whole, raw Used in 7 recipes, such as Calicen Salad Week 10-11	**3 cup, choppeds (300 g)**
Tofu, extra firm Used in 3 recipes, such as Buddha bowl	**0.5 blocks (227.5 g)**
White Wine Vinegar Used in 2 recipes, such as Calicen Salad Week 10-11	**14 tablespoons (210 g)**

Supplements

10 items

Creatine Monohydrate Used in 1 recipe, such as Calicen Smoothie Week 10-15	**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 1 recipe, such as Calicen Smoothie Week 10-15	**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 1 recipe, such as Calicen Smoothie Week 10-15	**14 Serving (1 Scoop)s (70 g)**
Senolytics Stack+ Used in 1 recipe, such as Capsule supplements	**7 Serving (2 Cap)s (10.1 g)**
Skin Collagen Matrix+ Used in 1 recipe, such as Calicen Smoothie Week 10-15	**7 Serving (1 Scoop)s (70 g)**
Vegan Protein+ Amino Balanced Used in 2 recipes, such as Calicen Smoothie Week 10-15	**8 Serving (1 Scoop)s (276.5 g)**