

SHOPPING LIST:

- We have listed everything you need for your meal plan to try to make grocery shopping as easy as possible. The following is a weekly grocery list. Every ingredient is listed in medium or standard sizes but also in grams so that in case you can only find smaller or larger sizes you can still get the exact amount you need.

Juice & Other Liquids

Ingredient	Amount	Serving size	mL	Notes
100% fruit juice or coconut water	28	oz	840	No added sugar or artificial sweeteners. Amount to be divided between each as desired.
Almond milk	28	oz	840	Recommended brand: Silk
Low sugar electrolyte drink	28	oz	840	Recommended brands: Gatorade G2, Propel
Soy milk, unsweetened	148	oz	4440	Organic if possible. Recommended brand: Silk
Tea, unsweetened and decaf	24	oz	720	Can buy liquid or tea bags.
Vegetable broth, low sodium	24	oz	720	Low sodium
Water	64	oz	1920	

Vegetables

Ingredient	Amount	Serving size	Grams	Notes
Carrot	4	medium	320	
Garlic clove	5	medium	20	Or equivalent amount of minced garlic.
Spinach	120	grams	120	Can be fresh or frozen.
Yellow onion	1	medium	160	
Zucchini	2	small-medium	300	

*Continues into next page.

Other

Ingredient	Amount	Serving size	Grams	Notes
Chocolate-flavored protein powder	1	cup	104	Recommended brands: Gold standard 100% Whey, Isopure, Vega Clean Protein (plant-based)
Coconut oil	1	tbsp	14	
Olive oil	2	tbsp	28	
Peanut butter	3 1/2	tbsp	56	Unsalted, no added sugar. Ingredient list should only say roasted peanuts.
Peanut powder	6	tbsp	36	Recommended brand: PBfit.
Pure maple syrup	7	tbsp	140	
Sugar free Jell-O or popsicles	28	oz	840	No acidic flavors like lime or pineapple. Amount of Jell-O is of prepared amount. Recommended to buy half of each.
Sundried tomatoes	40	grams	40	
Vanilla-flavored protein powder	2 1/3	cup	243	Recommended brands: Gold standard 100% Whey, Isopure, Vega Clean Protein (plant-based)
Vegetable stock cube	1	cube	10	Low sodium.

Spices

Ingredient	Amount	Serving size	Grams	Notes
Basil, dried leaves	1/2	tsp		
Black pepper, ground	1/2	tsp		
Italian seasoning	1/2	tsp		
Sea salt	1 1/2	tsp		