

Follicular Phase Shopping List - Vegan

General Instructions: Menu plans are designed for variety but this may not be practical or convenient so feel free to make substitutions ie: any legume can work in any recipe, any fruit or vegetable or seasonings can substitute for another especially if you have another similar ingredient in the kitchen. Use the food list as a guide. Buy a bottle of apple cider vinegar, aged balsamic vinegar, virgin olive oil, coconut oil, maple syrup and raw honey as well as a package of sea salt (preferably Himalayan), black pepper or peppercorns and sucanat (whole sugarcane) as these will be used frequently every week. The same is true with herbs and spices so by a small container of each, dried. Some herbs like parsley, ginger and cilantro are best fresh. Small amounts of items can be purchased at a bulk store to save money.

Vegetables	Fruit	Protein	Seasonings	Grains, Legumes & Lentils
<input type="checkbox"/> 10 medium Carrots <input type="checkbox"/> 1 medium Zucchini <input type="checkbox"/> 7 medium Celery stalks <input type="checkbox"/> 3 cups Spinach <input type="checkbox"/> 1 Avocado <input type="checkbox"/> 3 tbsp Maca Root Powder <input type="checkbox"/> 3 1/4 cups Broccoli <input type="checkbox"/> 2 3/4 cups Yellow or Red Bell Peppers <input type="checkbox"/> 4 medium onions <input type="checkbox"/> 17 cloves Garlic <input type="checkbox"/> 4 3/4 cups Kale <input type="checkbox"/> 7 Romaine Lettuce leaves <input type="checkbox"/> 1/2 cup Cucumbers <input type="checkbox"/> 2 containers Cherry Tomatoes <input type="checkbox"/> 2 1/2 cups Cauliflower <input type="checkbox"/> 2 Green Onions <input type="checkbox"/> 1 cup Baby Greens <input type="checkbox"/> 2 Shallots <input type="checkbox"/> 2 medium Sweet Potatoes <input type="checkbox"/> 2 medium Yukon Gold Potatoes <input type="checkbox"/> 1 cup Snow Peas <input type="checkbox"/> 1 cup canned diced Tomatoes <input type="checkbox"/> 1 tbsp Jalapeno Pepper <input type="checkbox"/> 1 cup Acorn Squash	<input type="checkbox"/> 1 cup Blueberries <input type="checkbox"/> 3 Oranges <input type="checkbox"/> 3 Apples <input type="checkbox"/> 3 Bananas <input type="checkbox"/> 1 1/2 cups Strawberries <input type="checkbox"/> 1 cup Raspberries <input type="checkbox"/> 1 cup Grapes <input type="checkbox"/> 2 tsp Schizandra Berry Powder <input type="checkbox"/> 1 Pear <input type="checkbox"/> 1 tbsp Lemon Juice <input type="checkbox"/> 2 tbsp Apple Cider Vinegar or Aged Balsamic Vinegar <input type="checkbox"/> 5 tbsp Lime Juice <input type="checkbox"/> 8 Dates <input type="checkbox"/> 1 tbsp Fruit Powder such as Acai, Goji, Pomegranate	<input type="checkbox"/> 1 scoop Protein Powder of choice <input type="checkbox"/> 8oz or 224g Tempeh <input type="checkbox"/> 3.5 cups Vegetable Broth <input type="checkbox"/> 1 cup extra firm Tofu (cut in cubes)	<input type="checkbox"/> 1 tsp Turmeric <input type="checkbox"/> 1 tsp Cinnamon <input type="checkbox"/> 6 tbsp Fresh Parsley <input type="checkbox"/> Sea Salt <input type="checkbox"/> Black Pepper <input type="checkbox"/> 6 tsp Fresh Ginger <input type="checkbox"/> 4 tsp Curry <input type="checkbox"/> 1 tsp Cumin <input type="checkbox"/> 1/2 tsp Vanilla (pure) <input type="checkbox"/> 1 tsp mustard powder (or mustard) <input type="checkbox"/> 1/2 tsp fresh Dill <input type="checkbox"/> 2 1/2 tsp Thyme <input type="checkbox"/> 1 1/2 tsp Rosemary <input type="checkbox"/> 1 Red Chili	<input type="checkbox"/> 1/2 cup dried Green Lentils <input type="checkbox"/> 1/4 cup Natural Granola <input type="checkbox"/> 1/2 cup Steel Cut Oats <input type="checkbox"/> 3 tbsp Hummus <input type="checkbox"/> 1 Whole Grain Pita or Gluten Free Pita <input type="checkbox"/> 1 cup, cooked canned Chickpeas <input type="checkbox"/> 1/2 cup dried Red Lentils <input type="checkbox"/> 1 cup, cooked Navy Beans <input type="checkbox"/> 1/2 cup dried Quinoa <input type="checkbox"/> 1/2 cup cooked Cannellini Beans <input type="checkbox"/> 1 cup canned, cooked Black Beans <input type="checkbox"/> 1/2 cup dry Brown Rice
	Nuts and Seeds	Sweeteners	Fats and Oils	Dairy or Substitutes
	<input type="checkbox"/> 1 tbsp Cashews <input type="checkbox"/> 2.5 cups Almonds <input type="checkbox"/> 6 tbsp Hemp Seeds <input type="checkbox"/> 2 tbsp Flaxseeds <input type="checkbox"/> 6 tsp Chia Seeds <input type="checkbox"/> 3/4 cup dried, sulfite-free, unsweetened Coconut	<input type="checkbox"/> 4 tbsp Raw Honey <input type="checkbox"/> 2 tbsp Maple Syrup (pure) <input type="checkbox"/> 6 tbsp Sucanat	<input type="checkbox"/> 1 1/3 cup Olive oil <input type="checkbox"/> 2 1/2 tbsp Coconut oil	<input type="checkbox"/> 3 tbsp Full-Fat Coconut Milk <input type="checkbox"/> 6 tbsp Coconut Milk <input type="checkbox"/> 1 1/2 cups Dairy- Free Milk of Choice <input type="checkbox"/> 2 tbsp Parmesan Cheese

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		Fermented Foods	Miscellaneous
		<ul style="list-style-type: none"><input type="checkbox"/> 2 cups Sauerkraut<input type="checkbox"/> 1 bottle Kombucha<input type="checkbox"/> 3 cups Coconut Yogurt<input type="checkbox"/> 1 1/2 cups Coconut Kefir (use yogurt if not available)<input type="checkbox"/> 1 tsp Miso<input type="checkbox"/> 1/4 cup Kimchi	<ul style="list-style-type: none"><input type="checkbox"/> 2 tsp Arame Sea Vegetable<input type="checkbox"/> 1 tsp Horseradish<input type="checkbox"/> 1 tsp Tamarind paste<input type="checkbox"/> 1 tbsp Raw Cacao<input type="checkbox"/> 3.5oz or 100g Dark Chocolate Bar, 70% cocoa solids or higher<input type="checkbox"/> 1.5 tbsp Tamari or Coconut Aminos