

## Menstrual 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 and maple syrup 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"/> 5 medium Carrots <input type="checkbox"/> 1/2 medium Zucchini <input type="checkbox"/> 4 medium Celery Stalks <input type="checkbox"/> 3 cups Spinach <input type="checkbox"/> 3/4 Avocado <input type="checkbox"/> 1/2 tbsp Maca Root Powder <input type="checkbox"/> 1/2 cup Broccoli <input type="checkbox"/> 1 1/4 cups Yellow or Red Bell Peppers <input type="checkbox"/> 3 1/4 medium Onions <input type="checkbox"/> 12 cloves Garlic <input type="checkbox"/> 1 cups Kale <input type="checkbox"/> 1 Romaine Lettuce leaves <input type="checkbox"/> 9 Cherry Tomatoes <input type="checkbox"/> 2 1/2 Green Onions <input type="checkbox"/> 3 cups Cauliflower <input type="checkbox"/> 2 1/2 Sweet Potatoes <input type="checkbox"/> 4 1/2 medium Yukon Gold Potatoes <input type="checkbox"/> 1 tbsp Jalapeno Pepper <input type="checkbox"/> 5 Brown Mushrooms <input type="checkbox"/> 1 1/2 cup Asparagus	<input type="checkbox"/> 1/2 cup Blueberries <input type="checkbox"/> 3 1/4 Oranges <input type="checkbox"/> 1 1/4 Apples <input type="checkbox"/> 1 1/4 Bananas <input type="checkbox"/> 1 Grapefruit <input type="checkbox"/> 1/4 cup Strawberries <input type="checkbox"/> 1/4 cup Raspberries <input type="checkbox"/> 1/4 cup Peaches <input type="checkbox"/> 1 tsp Schizandra Berry Powder <input type="checkbox"/> 1 Pear <input type="checkbox"/> 3 tbsp Lemon Juice <input type="checkbox"/> 2 tbsp Lime Juice <input type="checkbox"/> 2 1/2 cups Pineapple <input type="checkbox"/> 1/4 cup Thompson Raisins <input type="checkbox"/> 1/2 cup Mango <input type="checkbox"/> 3 tbsp dried Cranberries <input type="checkbox"/> 1 cup fresh, pitted Cherries or 1/2 cup dried	<input type="checkbox"/> 6 scoops Protein Powder of choice <input type="checkbox"/> 1 square extra firm Tofu, 3/4-inch thick <input type="checkbox"/> 3 1/2 cups Vegetable Broth <input type="checkbox"/> 2 slices Tempeh Bacon	<input type="checkbox"/> 1/2 tsp Turmeric <input type="checkbox"/> 1 1/2 tsp Cinnamon <input type="checkbox"/> 3/4 cup Fresh Parsley <input type="checkbox"/> Sea Salt <input type="checkbox"/> Black Pepper <input type="checkbox"/> 5 tsp Fresh Ginger <input type="checkbox"/> 3/4 tsp Cumin <input type="checkbox"/> 1 1/4 tsp Vanilla (pure) <input type="checkbox"/> 2 tbsp Cilantro <input type="checkbox"/> 7 tsp Dill <input type="checkbox"/> 1 1/2 tsp Thyme <input type="checkbox"/> 1/2 tsp Nutmeg <input type="checkbox"/> 2 1/2 tsp Oregano <input type="checkbox"/> 1/2 tsp Coriander <input type="checkbox"/> 1/4 tsp Cayenne <input type="checkbox"/> 2 tsp Chili Powder <input type="checkbox"/> 2 tsp Curry Powder <input type="checkbox"/> 1/2 tsp saffron <input type="checkbox"/> 1 tsp Garam Masala (curry powder can be used)	<input type="checkbox"/> 1/2 cup Green Lentils <input type="checkbox"/> 1 cup canned, cooked Chickpeas (garbanzo beans) <input type="checkbox"/> 1/2 cup dry Brown Rice <input type="checkbox"/> 2 slices Sourdough or Whole Grain or Sprouted or Gluten-Free Bread <input type="checkbox"/> 1 1/4 cup canned, cooked Adzuki beans <input type="checkbox"/> 1/2 cup dry Quinoa <input type="checkbox"/> 1/2 cup frozen corn <input type="checkbox"/> 1 Corn Tortilla or Whole Wheat Wrap (or gluten free wrap) <input type="checkbox"/> 1/2 cup frozen peas <input type="checkbox"/> 1/2 cup canned, cooked Great Northern Beans <input type="checkbox"/> 2 Whole Wheat Pitas or Gluten-Free <input type="checkbox"/> 2 cups Whole Spelt or Brown Rice Flour <input type="checkbox"/> 2 cups Rolled Oats <input type="checkbox"/> 1 cup Cornmeal <input type="checkbox"/> 3/4 cup Chickpea Flour <input type="checkbox"/> 2 cups canned, cooked Black Beans
	Nuts and Seeds	Sweeteners	Fats and Oils	Dairy or Substitutes
	<input type="checkbox"/> 2 tbsp Almonds <input type="checkbox"/> 1 tbsp Flaxseeds <input type="checkbox"/> 4 tbsp Nut Butter of Choice <input type="checkbox"/> 2 tbsp raw Cashews <input type="checkbox"/> 7 tsp Chia Seeds <input type="checkbox"/> 2 tbsp raw Pecans <input type="checkbox"/> 3/4 cup dried, sulfite-free, unsweetened Coconut <input type="checkbox"/> 2 tbsp raw Sunflower Seeds	<input type="checkbox"/> 1 cup Maple Syrup (pure) <input type="checkbox"/> 1 cup Sucanat	<input type="checkbox"/> 1 1/4 cups Olive oil <input type="checkbox"/> 1 cup Coconut oil	<input type="checkbox"/> 1 3/4 cups Milk of Choice <input type="checkbox"/> 3 tbsp Vegan Cheese
		Fermented Foods		Miscellaneous
		<input type="checkbox"/> 1/2 cup Sauerkraut <input type="checkbox"/> 2 bottles Kombucha <input type="checkbox"/> 1/4 cup Kimchi <input type="checkbox"/> 2 cups Coconut Yogurt <input type="checkbox"/> 1/4 cup Coconut Kefir (use coconut yogurt if not available) <input type="checkbox"/> 2 tsp Miso <input type="checkbox"/> 4 tsp Tamari or Coconut Aminos <input type="checkbox"/> 2 tbsp real Apple Cider Vinegar or aged Balsamic Vinegar <input type="checkbox"/> 1/4 cup Red Wine		<input type="checkbox"/> 4 tbsp Raw Cacao <input type="checkbox"/> 1 1/2 tsp Mustard <input type="checkbox"/> 1 tsp Baking Soda <input type="checkbox"/> 1 tsp Baking Powder <input type="checkbox"/> 1 tbsp Vegan Mayonnaise <input type="checkbox"/> 1/2 tbsp Nutritional Yeast <input type="checkbox"/> 2 Falafels (usually frozen)