



WEEK 1 | SHOPPING LIST

Welcome to (Re)New Year 2018, our five-week long healthy, holistic re-set plan. This Week One grocery list goes with the (mostly!) vegan meal plan created by Candice Kumai. (Find 15 new recipes from her every Thursday at wellandgood.com.) Stock up now on pantry staples like apple cider vinegar and coconut oil—they should last you the entire program.

GRAINS:

- ☐ 8 cups quinoa
- ☐ 2 packages pearl barley
- ☐ 1 package farro
- ☐ 4 cups pasta shells or penne
- ☐ Panko bread crumbs
- ☐ 1 slice of favorite bread

PANTRY:

- ☐ Panko bread crumbs
- ☐ Olive oil
- ☐ Apple cider vinegar
- ☐ Vegetable or chicken broth
- ☐ Stevia
- ☐ Coconut oil
- ☐ Honey

PROTEINS:

- ☐ 3 cups firm tofu
- ☐ 1 can adzuki beans

VEGGIES/FRUITS:

- ☐ 2 sweet potatoes
- ☐ 6 ½ ripe avocados
- ☐ 9 carrots
- ☐ 2 onions
- ☐ 1 large kabocha squash or butternut squash
- ☐ 1 Fuji apple
- ☐ 2 frozen packages shelled organic edamame
- ☐ 1 celery stalk, finely chopped
- ☐ 1 leek
- ☐ 4 scallions
- ☐ 1 small cucumber
- ☐ 1 can hearts of palm
- ☐ 1 pink grapefruit
- ☐ 4 bananas
- ☐ 2 packages frozen blueberries
- ☐ 1 package frozen blackberries
- ☐ 2 lemons
- ☐ 1 pineapple or ½ cup fresh pineapple slices
- ☐ 2 cans organic pumpkin
- ☐ 2 unsweetened acai berry packets

GREENS:

- ☐ 2 bunches kale
- ☐ 1 head lettuce
- ☐ 1 cup hijiki seaweed
- ☐ 1 ½ cups mixed baby greens
- ☐ 1 cup wild baby arugula
- ☐ 2 cup baby spinach

NUTS:

- ☐ 2 packages raw walnut pieces
- ☐ 1 package macadamia nuts

VEGAN MILKS/WATERS:

- ☐ 4 cups almond milk
- ☐ 1 cup coconut water

MISCELLANEOUS:

- ☐ 1 bottle low-sodium soy sauce
- ☐ 1 package hulled hemp seeds
- ☐ 2 tubs organic red miso paste
- ☐ 1 jar tahini paste
- ☐ Maple syrup, or your favorite sweetener
- ☐ 1 package ground sesame seeds
- ☐ 1 jar roasted sesame oil
- ☐ 1 package coconut butter
- ☐ Bee pollen
- ☐ 1 tsp spirulina powder (optional)
- ☐ 1 package matcha green tea powder
- ☐ 1 package collagen powder
- ☐ 1 package maca powder
- ☐ 1 package fresh coconut pieces
- ☐ 1 package unsweetened cocoa or toasted carob powder
- ☐ 1 container vegan protein powder (optional)
- ☐ 1 package nutritional yeast
- ☐ Tabasco or Sriracha
- ☐ 1 container light mayonnaise or vegannaise

SPICES:

- ☐ 1 knob fresh ginger
- ☐ 1 head garlic
- ☐ 1 package bay leaves
- ☐ 1 container fresh mint
- ☐ 1 package thyme
- ☐ Sea salt
- ☐ Dried oregano
- ☐ Granulated garlic powder
- ☐ ½ cup parsley

WEEK 1 | MEAL PLAN

MONDAY



BREAKFAST

Clean-gut anti-inflammatory smoothie

LUNCH

Miso soup and salad

DINNER

Carrot-ginger apple cider vinaigrette over a sweet potato avo bowl

TUESDAY



BREAKFAST

Matcha cleansing smoothie

LUNCH

Macrobiotic avocado salad

DINNER

Kabocha squash soup with apple cider vinegar

WEDNESDAY



BREAKFAST

Acai coconut macadamia smoothie bowl

LUNCH

Avocado grapefruit salad

DINNER

Tahini miso kale salad

THURSDAY



BREAKFAST

Low-sugar chocolate avocado smoothie

LUNCH

Barley walnut soup

DINNER

Miso ginger noodles

FRIDAY



BREAKFAST

Matcha latte and avocado toast

LUNCH

Lemon soy edamame barley bowl

DINNER

Vegan mac-and-cheese

WELL + GOOD

Find all five weeks worth of clean and healthy (Re)New Year recipes at wellandgood.com