



WEEK 2 | SHOPPING LIST

Welcome to (Re)New Year 2018, our five-week long healthy, holistic re-set plan. This Week Two grocery list goes with the (mostly!) vegan meal plan created by Candice Kumai. (Find 15 new recipes from her every Thursday at wellandgood.com.) Some of the staples, like coconut oil and apple cider vinegar, you already have on-hand if you've been following along, so check your kitchen before you head to the store!

GRAINS:

- ☐ 2 slices whole wheat bread
- ☐ 4 cups grain of choice such as farro, barley, or quinoa
- ☐ ¾ cup organic rolled oats
- ☐ Whole wheat or gluten-free buns

PROTEINS:

- ☐ 4 scoops protein powder
- ☐ 3 blocks firm tofu
- ☐ 2 cups shelled edamame
- ☐ ¼ cup chickpeas
- ☐ 1 ½ lb soba noodles
- ☐ 1 egg

GREENS:

- ☐ 5 cups baby spinach
- ☐ 1 ½ cup mizuna, dandelion greens, or arugula
- ☐ 3 cups kale

VEGGIES/FRUITS:

- ☐ 4 bananas
- ☐ 2 pears
- ☐ 1 cup cherry tomatoes on vine
- ☐ ½ cup fennel
- ☐ ½ kabocha squash
- ☐ 1 apple
- ☐ 1 ¼ lb Brussels sprouts
- ☐ 3 celery stalks with leaves
- ☐ 1 red onion
- ☐ 1 yellow onion
- ☐ ¼ cup dried cranberries
- ☐ 4 ½ garlic cloves
- ☐ 5 dried shiitake mushrooms
- ☐ 5 scallions
- ☐ 1 carrot
- ☐ 1 red bell pepper
- ☐ 1 large zucchini
- ☐ 2 sweet potatoes
- ☐ 1 avocado

VEGAN MILKS/WATERS:

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

NUTS/SEEDS:

- ☐ ¼ cup raw pepitas
- ☐ 1 cup raw walnut pieces
- ☐ 1 Tbsp chia seeds
- ☐ ¼ cup flaxseed meal

SPICES:

- ☐ 1 Tbsp curry paste
- ☐ Salt
- ☐ 1 tsp paprika
- ☐ ½ cup grated ginger
- ☐ ½ Tbsp turmeric powder
- ☐ 1 tsp red pepper flakes
- ☐ ¼ Tbsp garlic powder
- ☐ Gomashio

MISCELLANEOUS:

- ☐ ½ cup almond butter
 - ☐ 1 ½ Tbsp peanut butter
 - ☐ 1 ½ Tbsp unsweetened cocoa powder
 - ☐ 2 tsp vanilla extract
 - ☐ 1 tsp bee pollen
 - ☐ 1 tsp spirulina
 - ☐ 1 Tbsp tomato paste
 - ☐ 2 ½ cups reduced-sodium Tamari soy sauce
- ☐ 1 ¼ Tbsp vegan Worcestershire sauce
 - ☐ 3 Tbsp honey
 - ☐ 1 Tbsp tahini paste
 - ☐ 2 Tbsp lemon juice
 - ☐ 1 ¼ cup extra virgin olive oil
 - ☐ 2 ½ Tbsp balsamic vinegar
 - ☐ 1 ¼ cup dijon mustard
 - ☐ 1 Tbsp red wine vinegar
- ☐ ¼ cup apple cider vinegar
 - ☐ 2 Tbsp olive oil mayonnaise
 - ☐ 2 Tbsp cheese or vegan cheese of your choice
 - ☐ 2 cups low-sodium chicken or vegetable broth
 - ☐ 2 Tbsp toasted sesame seed oil
 - ☐ 1 ½ Tbsp refined coconut oil
 - ☐ Hickory or cedar wood chips

WEEK 2 | MEAL PLAN

MONDAY



BREAKFAST

Green vanilla almond smoothie

LUNCH

Smoked tofu & edamame bites

DINNER

Roasted kabocha squash salad

TUESDAY



BREAKFAST

Blueberry protein power shake

LUNCH

Roasted tomatoes with barley

DINNER

Clean soba noodle soup

WEDNESDAY



BREAKFAST

Mango mood booster smoothie

LUNCH

Roasted kabocha squash salad

DINNER

Turmeric kale fried rice

THURSDAY



BREAKFAST

Green banana almond smoothie

LUNCH

Brussels sprout salad

DINNER

Clean soba noodle soup

FRIDAY



BREAKFAST

Chocolate peanut butter shake

LUNCH

Tofu and curry greens salad

DINNER

Sweet potato avocado burger

WELL + GOOD

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