



WEEK 4 | SHOPPING LIST

Welcome to (Re)New Year 2018, our five-week long healthy, holistic re-set plan. This Week Four 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:

- ☐ 1 slice of your favorite bread
- ☐ 1 cup rolled oats
- ☐ 2 cups quinoa
- ☐ 2 cups pearl or hulled barley
- ☐ 4 ¾ cup favorite whole grain (such as quinoa, farro, or brown rice)

PROTEINS:

- ☐ 1 15 oz. can adzuki beans
- ☐ ¾ cups shelled, organic edamame
- ☐ 5 ½ blocks savory, baked, organic tofu
- ☐ 1 lb fresh mahi mahi
- ☐ 1 egg

NUTS/SEEDS:

- ☐ 2 Tbsp chia seeds
- ☐ ¾ cup raw pepitas
- ☐ 1 Tbsp whole raw flaxseed
- ☐ Sesame seeds (for garnish)

VEGGIES/FRUITS:

- ☐ 2 ½ avocados
- ☐ 1 sweet potato
- ☐ 2 large potatoes
- ☐ ¼ medium butternut squash
- ☐ ½ kabocha squash
- ☐ 3 ½ large carrot
- ☐ ½ small cucumber
- ☐ 1 ½ yellow onion, finely chopped
- ☐ 2 Tbsp green onion
- ☐ ½ cup snap peas
- ☐ ½ medium shallot
- ☐ 8 ½ scallions
- ☐ 9 ½ dried shiitake mushrooms
- ☐ 1 banana
- ☐ ½ apple
- ☐ 2 cups frozen blueberries
- ☐ 1 Tbsp unsweetened shredded coconut
- ☐ ½ cup dried cranberries
- ☐ 1 lemon
- ☐ 1 lime
- ☐ Watermelon or basic radish

VEGAN MILKS/WATERS:

- ☐ 4 ¾ cups almond milk
- ☐ 1 ½ cup light coconut milk

GREENS:

- ☐ 4 ½ cups baby spinach
- ☐ 5 cups kale (2 medium bunches)
- ☐ ½ medium bunch Swiss or rainbow chard
- ☐ 1 cup wild baby arugula
- ☐ ½ head tender lettuce

SPICES:

- ☐ Sea salt
- ☐ Chili flakes
- ☐ ½ tsp ground cinnamon
- ☐ 1 Tbsp + ¼ tsp turmeric powder
- ☐ 1 tsp curry powder
- ☐ ½ Tbsp dried oregano
- ☐ ½ tsp nutmeg
- ☐ 1 Tbsp tsp ginger powder
- ☐ ½ tsp cilantro
- ☐ 3 ½ garlic cloves

MISCELLANEOUS:

- ☐ Coconut oil or olive oil cooking spray
- ☐ 10 Tbsp Extra virgin olive oil
- ☐ 2 Tbsp coconut oil
- ☐ 1 cup liquid aminos or reduced-sodium tamari soy sauce
- ☐ ¼ cup unfiltered apple cider vinegar
- ☐ 1 cup fish stock (or vegetable stock)
- ☐ 2 cups low-sodium chicken broth (or veggie broth)
- ☐ 1 Tbsp avocado oil mayonnaise or vegannaise
- ☐ 1 ½ cup rice vinegar
- ☐ 2 ¼ cup toasted sesame oil
- ☐ 4 tsp matcha
- ☐ 2 Tbsp pulp-free orange juice
- ☐ ¼ cup satsuma juice (Mandarin orange juice)
- ☐ 3 tsp almond butter
- ☐ 2 coconut butter
- ☐ 3 Tbsp honey
- ☐ 2 ½ Tbsp Dijon mustard
- ☐ 14 oz. soba noodles
- ☐ 1 cup hijiki seaweed
- ☐ 1 piece kombu (a type of seaweed used for stock)
- ☐ 2 Tbsp dried wakame (smaller seaweed leaves)
- ☐ 4 ½ Tbsp organic miso paste
- ☐ 1 Tbsp white miso paste
- ☐ 3 oz. fresh chèvre or vegan cheese
- ☐ ¼ cup Greek yogurt
- ☐ 6 6-inch corn tortillas
- ☐ Tabasco or Sriracha (optional)
- ☐ ½ tsp spirulina powder (optional)

WEEK 4 | MEAL PLAN

MONDAY



BREAKFAST

Clean green matcha smoothie

LUNCH

Macrobiotic Hijiki-avocado salad

DINNER

Ginger satsuma noodles

TUESDAY



BREAKFAST

Blueberry almond smoothie

LUNCH

Kale, Swiss chard, and butternut squash salad

DINNER

Curry avocado tacos

WEDNESDAY



BREAKFAST

Matcha latte and avocado toast

LUNCH

Lemon-soy edamame barley bowl

DINNER

Clean soba noodle soup

THURSDAY



BREAKFAST

Okinawa sweet potato smoothie

LUNCH

Miso soup & salad combo

DINNER

Squash salad bento box

FRIDAY



BREAKFAST

Turmeric-cinnamon spiced homemade granola with Greek yogurt

LUNCH

Baachan's miso soup

DINNER

Turmeric kale fried rice

WELL + GOOD

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