



# 2-Day Healthy Eating Meal Plan

## Shopping List

### Produce

- 1 cucumber
- 1 bunch spinach
- 1 pack cherry/grape tomatoes
- 1 bunch carrots
- 10 snap peas
- 1 small butternut squash
- 1 yellow onion
- 1 bunch green onion
- 1 yellow bell pepper
- 2 large yams
- 1 avocado
- 12-16 oz. French green beans (“haricot verts”) substitute regular green beans if needed
- 1 bunch celery
- 2 bulbs garlic
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch green onions
- 3 lemons
- 1 apple
- 1 bananas
- 1 small pack of fresh or frozen berries of choice (1 small pack for smoothie)

### Spices/Herbs

- Curry powder
- Cinnamon
- Paprika

### Pantry

- Olive oil
- Bragg’s liquid aminos
- Raw almonds (at least 8 oz—leftovers are good for snacking)
- Sliced raw almonds
- Tahini
- Hemp oil (or sub olive or avocado oil)
- Hemp seeds
- Chia seeds
- Red lentils (½ C needed)
- Tomato paste (2 Tbsp. needed)
- Vegetable stock (4 C needed)
- Optional: hemp protein powder (or any protein you have at home)

### Dairy/Eggs/Refrigerated

- 2 large eggs
- Plain hummus (1 small container)
- 1 small loaf Manna or Ezekiel bread (substitute any sprouted grain bread)

### Protein

- 1 half turkey breast (approx 2. Lbs. on bone if possible)
- 1 lb. ground beef
- \*\*\*for vegetarian/vegan—replace turkey and beef with tofu, tempeh, or desired protein substitute