

WEEKLY shopping lists

Given weights are for the edible components of foods only, unless specified otherwise (🍅). When shopping, take into account that items may need to be trimmed or peeled, and spoiled portions discarded.

Cans of coconut milk, chopped tomatoes, and tomato sauce will be used in their entirety. Stored properly, once opened, these items should keep for up to a week. If they aren't being used within that period, there will be notes in the meal plan instructing you to freeze portions for future use. Whether or not you need to freeze tomato paste, and how much will be left over, will depend on how your product is packaged; package types and sizes vary a great deal

country to country. Cans of pumpkin purée will not be entirely used in the lower-calorie meal plans. Notes within the meal plan will tell you what amounts to store for later use and what amounts will be left over for use outside the meal plan for use as you see fit.

For dried herbs and spices, the amounts required are not provided as the weights are frequently quite negligible. As a rule of thumb, if you expect to soon run out of a particular herb or spice on the list, I'd suggest buying another bottle/pouch next time you go shopping.

Note that ounce quantities 10 and above are rounded to whole numbers. For example, 19.3oz of almond butter is rounded to 19oz.

🍅 this weight includes the inedible components

🍷^c beware of high-carb products

🌱 check that it's vegan

📖 see notes

🔄 ingredient swap available

👉 optional item

The following ingredient swaps and notes apply throughout the meal plan and so will not be mentioned on each weekly list.

INGREDIENT SWAPS 🔄

coconut oil ⇌ neutral-flavored oil of choice (e.g. light olive oil)

rice and apple cider vinegars ⇌ red or white wine/grape vinegar

NOTES & TIPS 📖

Lemons for juicing are rounded up to the nearest half lemon.

You may wish to blend fortified and unfortified **nutritional yeast** to avoid overconsuming certain micronutrients.

Feel free to buy whatever 0g net carb flavor of **seaweed snacks** you like best.

Pea-based **TVP** isn't easy to come by everywhere. In the UK, Profusion makes a pea and fava TVP mince that has okay macros.

Chili powder and **pumpkin spice** are common North American spice blends. You can find recipes on page 78 if needed.

Kala namak creates an eggy flavor in some of the dishes. However, if it's not available to you, regular salt can be used in its place.

The following ingredients are used in small amounts throughout the meal plan and their repeated mention in each weekly shopping list seems superfluous. Have these items on hand throughout.

CONDIMENTS, SAUCES & OILS

• **liquid smoke** 👉, 🍷^c - 0.4floz (13ml)

• **Worcestershire sauce** 🌱, 👉 - 0.1floz (2.5ml)

BAKING INGREDIENTS

• **baking powder** - 1.5oz (43g)

• **salt** - 1.8oz (52g)

• **vanilla extract**, alcohol-based, sugar-free - 1.8floz (54ml)

MISCELLANEOUS

• **parchment paper** - a roll

DRIED HERBS & SPICES

• **bay leaf**, whole

• **black pepper**, ground

• **cinnamon**, ground

• crushed **red pepper flakes**

• **cumin**, ground

• **dill**, dried

• **garlic powder**

• **Herbes de Provence**

• **kala namak** 👉, 📖

• **nutmeg**, ground

• **onion powder**

• **oregano**, dried

• **paprika**, smoked if available

• **parsley**, dried

• **pumpkin spice** 📖

THE SHOPPING LIST: week 1

PRODUCE ITEMS

- **avocado** - 1 medium [7.0oz (200g)] 🍌
- **carrots** - 6.8oz (192g), about 3 medium
- **cauliflower**, to rice - 21oz (585g), about 1 medium-large head 🥬
- **celery** - 30oz (860g), about 2 heads 🌿
- **garlic** - 18 cloves, about 1½ bulbs [1.9oz (54g)]
- **ginger** - 0.63oz (18g), about a 1" (2.5cm) square piece
- **green beans** - 4.2oz (120g)
- **green onions** 🌿 - 2 medium stalks [1.1oz (30g)]
- **lemons**, to juice - 3.9floz (111ml) juice, about 2½ medium 🍋
- **mushrooms**, white button - 24oz (680g)
- **onions** - 1¾ medium [6.8oz (193g)]
- **parsley** 🌿 - 0.5oz (15g), about 1/3 bunch
- **red bell peppers** - 4 medium [21oz (600g)] 🍆
- **spinach**, baby leaves - 17oz (480g)
- **strawberries** - 2.1oz (60g)

OTHER PERISHABLE ITEMS

- **soy** or **pea milk** - 88floz [2.6 quarts (2.5 liters)]

CANNED OR JARRED ITEMS

- **almond butter**, unsweetened, smooth - 8.8oz (250g)
- **beans, black**, 15oz (425g) cans - 1 can
- **beans, chickpeas**, 15oz (425g) cans - 1 can
- **beans, kidney**, 15oz (425g) cans - 2 cans
- **coconut milk**, full-fat, 13.5floz (400ml) cans - 1 can 🥥
- **jalapeño pepper slices**, pickled - 2.5oz (70g)
- **pumpkin purée**, unsweetened, 15oz (425g) cans - 1 can 🥮
- **tahini** - 4.2oz (120g)
- **tomatoes, chopped** 🍅🔥, 14.5oz (411g) cans - 1 can (fire-roasted with garlic is a nice option if available)
- **tomato sauce** 🍅🔥, 15oz (425g) cans - 1 can
- **tomato paste** - 1.2oz (33g)

CONDIMENTS, SAUCES & OILS

- **mayonnaise** 🍷🍅🔥 - 1.5floz (45ml)
- **oil, coconut** 🌿 - .8floz (83ml)
- **oil, olive**, light or neutral-flavored - 11floz (325ml)
- **oil, sesame**, toasted - 2.0floz (60ml)
- **tamari, soy sauce**, or **aminos** 🍷🔥 - 3.1floz (92ml)
- **vinegar, apple cider** 🌿 - 0.2floz (5ml)
- **vinegar, rice**, unsweetened 🌿 - 1.0floz (30ml)

NUTS & SEEDS

- **Brazil nuts** - 0.7oz (20g)
- **chia seeds** - 5.5oz (157g)
- **hemp hearts** - 14oz (387g)
- **peanuts**, oil-roasted, salted 🍷🔥 - 2.5oz (72g)

NUTS & SEEDS continued

- **pumpkin seeds**, shelled - 7.1oz (200g)
- **sesame seeds**, brown or black - 0.6oz (18g)
- **walnuts**, whole - 7.1oz (200g)

BAKING INGREDIENTS

- **allulose** or sweetener of choice, granulated (e.g. erythritol or an erythritol blend) - 8.4oz (238g)
- **chocolate chips**, vegan (i.e. dark), keto-friendly 🌿🍷🔥 - 1.6oz (45g)
- **almond extract**, alcohol or oil-based, sugar-free - 0.2floz (5ml)
- **cocoa/cacao powder**, unsweetened - 0.2oz (5.4g)
- **cornstarch** - 0.3oz (8g)
- **flaxseed meal**, preferably golden - 1.3oz (38g)
- **psyllium husks**, whole - 0.7oz (20g)

MISCELLANEOUS

- **bouillon cubes**, vegetable 🍷🍅🔥🌿 - 1 cube
- **MCT oil powder** 🍷🌿 - 1.8oz (50g)
- **nutritional yeast flakes** 🍷🍅🔥🌿 - 2.4oz (69g)
- **protein powder, plain**, preferably pea 🍷🔥 - 4.6oz (130g)
- **protein powder, vanilla flavored** 🍷🍅🔥 - 6.2oz (177g)
- **seaweed snacks**, salted 🍷🍅🔥🌿 - 7 x 0.17oz (5g) packets
- **TVP**, preferably pea-based 🌿🌿 - 3.2oz (90g) (e.g. Plant Boss Meatless Crumbles - 1 bag)

DRIED HERBS & SPICES

- **cardamon**, ground
- **chili powder** 🍷🍅🔥🌿
- **coriander**, ground

INGREDIENT SWAPS 🌿

green onions ≈ 1/4 medium [1.0oz (28g)] onion 🌿

fresh parsley ≈ dried parsley

chocolate chips ≈ very dark low-sugar chocolate (e.g. Lindt 90%) 🌿

bullion cubes ≈ vegetable broth [16floz (480ml)]

MCT oil powder ≈ neutral-flavored oil of choice [0.8floz (23ml)] and mayonnaise [0.5floz (15ml)]

TVP ≈ fresh plant-based ground/mince [1 pound (454g)] (e.g. Impossible or Beyond Meat)

NOTES & TIPS 🌿

The green **onion** adds a fresh touch to the Kung Pao Beans on Cauli-Hemp Rice. However, normal onion could be used in its place.

This **cauliflower** will be made into rice and a portion frozen for later use. If you prefer to buy premade cauliflower rice, you need 12oz (2½ cups [325g]) cooked rice this week and 9.2oz (2 cups [260g]) in Week 3. Uncooked cauliflower may weigh slightly less once cooked.

You need 1 stalk [1.4oz (40g)] of **celery** next week on Day 11. A stalk from a heads/bags you buy this week may keep until then.

Half of this can of **coconut milk** will be frozen for use next week.

Some of this can of **pumpkin purée** will not be used in the meal plan.

Using regular **dark chocolate** will increase the net carbs somewhat.

THE SHOPPING LIST: week 2

PRODUCE ITEMS

- **avocado** - 1 medium [7.0oz (200g)] 🍌
- **basil** - 0.42oz (12g) 🌿
- **carrots** - 1 medium [2.2oz (61g)]
- **celery** - 1 medium stalk [1.4oz (40g)]
- **garlic** - 9 cloves, about 1 bulb [1.0oz (27g)]
- **lemons**, to juice - 1.9floz (55ml), about 1½ medium 🍋
- **mixed greens**, baby leaves - 10oz (285g)
- **mushrooms**, white button - 4.0oz (113g)
- **onions** - ½ medium [1.9oz (55g)]
- **spinach**, baby leaves - 13oz (360g)
- **strawberries** - 13oz (360g)
- **zucchini** - 5.0oz (143g), about 1 small

OTHER PERISHABLE ITEMS

- **buttery spread** - 0.3oz (9g)
- **soy or pea milk** - 87floz [2.6 quarts (2.5 liters)]

CANNED OR JARRED ITEMS

- **almond butter**, unsweetened, smooth - 2.2oz (63g)
- **beans, cannellini**, 15oz (425g) cans - 1 can
- **olives**, black, sliced - 1.2oz (34g)
- **pumpkin purée**, unsweetened, 15oz (425g) cans - 1 can 🍠
- **tomatoes, chopped** 🍅🔥, 14.5oz (411g) cans - 1 can 🌿
(fire-roasted with garlic is a nice option if available)
- **tomato paste** - 1.2oz (33g)
- **tomatoes**, sun-dried, packed in oil - 1.4oz (40g)

CONDIMENTS, SAUCES & OILS

- **mustard**, Dijon - 0.5oz (15g)
- **oil, coconut** 🌿 - 0.8floz (23ml)
- **oil, olive**, light or neutral-flavored - 11floz (310ml)
- **vinegar, apple cider** 🌿 - 0.5floz (15ml)
- **vinegar, red or white wine/grape** - 2.0floz (60ml)

NUTS & SEEDS

- **chia seeds** - 3.8oz (107g)
- **hemp hearts** - 4.9oz (140g)
- **pumpkin seeds**, shelled - 2.8oz (80g)
- **walnuts**, whole - 3.5oz (100g)

BAKING INGREDIENTS

- **agar agar powder** 🌿🌿 - 0.1oz (2.3g)
- **allulose** or sweetener of choice, granulated (e.g. erythritol or an erythritol blend) - 3.8oz (107g)
- **cocoa/cacao powder**, unsweetened - 0.8oz (22g)
- **flaxseed meal**, preferably golden - 3.4oz (98g)
- **lupin flour** 🌿 - 3.2oz (90g)
- **psyllium husks**, whole - 1.2oz (35g)
- **xanthan gum** 🌿 - 0.1oz (3.2g)

MISCELLANEOUS

- **bouillon cubes**, vegetable 🍲🔥🌿 - 2 cubes
- **nutritional yeast flakes** 🍷🔥 - 1.3oz (38g)
- **parchment muffin tin liners** - 12 liners 🌿
- **protein powder, plain**, preferably pea 🍲 - 0.7oz (21g)
- **protein powder, vanilla flavored** 🍲🔥 - 4.4oz (126g)
- **seaweed snacks**, salted 🍷🔥 - 7 x 0.17oz (5g) packets

HERB & SPICES

- **thyme**, dried

INGREDIENT SWAPS 🌿

lupin flour ⇌ flaxseed meal [1.6oz (45g)] and plain pea protein powder [1.5oz (42g)]

xanthan gum ⇌ psyllium husk [0.4oz (10g)]

bullion cubes ⇌ vegetable broth [32floz (960ml)]

NOTES & TIPS 🌿

Leftover **basil leaves** can be added to the Minestrone with negligible affect on its macros.

You will use only a small portion of this can of **pumpkin purée** this week. A portion will be stored for use next week and a portion will be left over for use either outside the meal plan or frozen for use in an optional Pumpkin Pie Smoothie in Week 4.

You will use a little over half the can of **chopped tomatoes** this week and the remaining amount will be used next week.

Agar agar powder can be omitted from the recipe. The results will be a little wetter and slightly less eggy in texture, but still very tasty.

Muffin tin liners are not needed if you have silicone liners or are using a silicone muffin tin.

THE SHOPPING LIST: week 3

PRODUCE ITEMS

- **avocado** - 1¹/₄ medium [8.8oz (188g)] 🍅
- **broccoli**, florets - 11oz (319g), about 1 small crown
- **cauliflower**, florets - 11oz (321g), about 1¹/₂ medium head
- **cucumber**, English - 1¹/₂ medium [5.3oz (150g)]
- **garlic** - 5 cloves, about 1¹/₂ bulb [0.5oz (15g)]
- **ginger** - 0.32oz (9g), about half of a 1" (2.5cm) square piece
- **green onions** 🌱 - 2 medium stalks [1.1oz (30g)]
- **lemons**, to juice - 2.2floz (61ml) of juice, about 1¹/₂ medium 🍋
- **mixed greens**, baby leaves - 12oz (330g)
- **onions** - 3³/₄ medium [2.9oz (83g)] 🍅
- **parsley** - 1.8oz (50g), about 1 bunch
- **spinach**, baby leaves - 4.2oz (120g)
- **tomatoes** - 2 medium [8.7oz (246g)]

OTHER PERISHABLE ITEMS

- **buttery spread** - 0.3oz (9g)
- **soy** or **pea milk** - 67floz [2.0 quarts (1.9 liters)]

CANNED OR JARRED ITEMS

- **beans, black**, 15oz (425g) cans - 1 can
- **coconut milk**, full-fat, 13.5floz (400ml) cans - 1 can 🍌
- **olives**, black, sliced - 2.4oz (68g)
- **tomato paste** - 0.6oz (16g)

CONDIMENTS, SAUCES & OILS

- **mayonnaise** 🍷🍷🍷 - 4.6floz (135ml)
- **mustard**, Dijon - 1.1oz (30g)
- **oil, coconut** 🌱 - 2.0floz (60ml)
- **oil, olive**, light or neutral-flavored - 3.0floz (90ml)
- **tamari, soy sauce**, or **aminos** 🍷🍷🍷 - 1.2floz (35ml)
- **vinegar, apple cider** 🌱 - 0.8floz (23ml)

NUTS & SEEDS

- **chia seeds** - 1.9oz (54g)
- **hemp hearts** - 8.5oz (240g)
- **pumpkin seeds**, shelled 🍋 - 2.8oz (80g)
- **sesame seeds**, brown or black - 1.3oz (36g)
- **walnuts**, whole - 1.8oz (50g)

BAKING INGREDIENTS

- **allulose** or sweetener of choice, granulated (e.g. erythritol or an erythritol blend) - 1.3oz (38g)
- **flaxseed meal**, preferably golden - 1.1oz (30g)
- **stevia**, liquid, preferably maple flavored 🍷 - a few drops

MISCELLANEOUS

- **nutritional yeast flakes** 🍷🍷🍷 - 0.6oz (18g)
- **protein powder, plain**, preferably pea 🍷 - 1.0oz (28g)
- **protein powder, vanilla flavored** 🍷🍷🍷 - 3.5oz (98g)
- **seaweed snacks**, salted 🍷🍷🍷 - 7 x 0.17oz (5g) packets
- **TVP**, preferably pea-based 🌱 - 1.6oz (45g) (e.g. Plant Boss Meatless Crumbles - 1¹/₂ bag)

DRIED HERBS & SPICES

- **curry powder**
- **garam masala**

INGREDIENT SWAPS 🌱

green onions ⇌ 1¹/₄ medium [1.0oz (28g)] onion, preferably red
TVP ⇌ 8 Beyond Breakfast Sausage links, or a similar product

NOTES & TIPS 🍋

You will use roughly half of this can of **coconut milk** this week and the remaining portion will be frozen for use in week 5.

The 1¹/₄ **onion** in the Broccoli & Cauliflower Salad is preferably red, and if you plan to swap the green onion for normal onion, red would also be nicer in that recipe (Unconventional Tabbouleh). Thus, you may wish to buy a red onion here, though any type will be fine.

The **pumpkin seeds** will be toasted in the recipes, so feel free to buy toasted seeds if those are available to you.

THE SHOPPING LIST: week 4

PRODUCE ITEMS

- **avocado** - 1³/₄ medium [12oz (263g) 🍌]
- **bell peppers** - 1 medium green and 1 medium yellow [each 5.3oz (150g) 🍆], and 2 medium red [11oz (300g) 🍆]
- **basil** - 0.42oz (12g)
- **cucumber**, English - 1¹/₂ medium [5.3oz (150g)]
- **garlic** - 5 cloves, about 1¹/₂ bulb [0.5oz (15g)]
- **lemons**, to juice - 1.7floz (48ml) of juice, about 1 medium
- **lettuce, Romaine** - 20oz (570g), about 1 medium head or 3 to 4 hearts
- **mixed greens**, baby leaves - 2.1oz (60g)
- **raspberries** - 12oz (350g)

OTHER PERISHABLE ITEMS

- **buttery spread** - 1.0oz (28g)
- **soy or pea milk** - 86floz [2.5 quarts (2.4 liters)]

CANNED OR JARRED ITEMS

- **beans, lupini**, brined 🔄 🍷 - 1.6oz (45g)
- **beans, pinto**, 15oz (425g) cans - 1 can
- **olives**, black, sliced - 1.2oz (34g)
- **tomatoes**, sun-dried, packed in oil - 1.4oz (40g)

CONDIMENTS, SAUCES & OILS

- **mayonnaise** 🍷 🍷 - 3.6floz (105ml)
- **mustard**, Dijon - 1.0oz (28g)
- **oil, olive**, light or neutral-flavored - 6.6floz (195ml)
- **sriracha** - 0.4oz (12g/10ml)
- **tamari, soy sauce**, or **aminos** 🍷 - 0.5floz (15ml)
- **vinegar, apple cider** 🔄 - 0.4floz (13ml)
- **vinegar, red** or **white wine/grape** - 1.0floz (30ml)

NUTS & SEEDS

- **Brazil nuts** - 0.7oz (19g)
- **chia seeds** - 0.7oz (20g)
- **hemp hearts** - 3.2oz (90g)
- **pumpkin seeds**, shelled 🍌 - 9.9oz (280g)
- **walnuts**, whole - 0.9oz (25g)

BAKING INGREDIENTS

- **agar agar powder** 🔄 🍌 - 0.1oz (2.3g)
- **allulose** or sweetener of choice, granulated (e.g. erythritol or an erythritol blend) - 2.6oz (75g)
- **flaxseed meal**, preferably golden - 1.6oz (45g)
- **lupin flour** 🔄 - 1.6oz (45g)
- **psyllium husks**, whole - 1.0oz (28g)
- **xanthan gum** 🔄 - 0.1oz (1.6g)

MISCELLANEOUS

- **MCT oil powder** 🍷 🔄 - 0.7oz (20g)
- **nutritional yeast flakes** 🍷 🍌 - 1.7oz (49g)
- **parchment muffin tin liners** - 12 liners 🍌
- **protein powder, plain**, preferably pea 🍷 - 1.2oz (35g)
- **protein powder, vanilla flavored** 🍷 🍷 - 4.4oz (126g)
- **seaweed snacks**, salted 🍷 🍌 - 7 x 0.17oz (5g) packets
- **teabags, berry-flavored** 🔄 - 2 teabags

INGREDIENT SWAPS 🔄

lupini beans ⇌ pumpkin seeds [1.1oz (30g)]

lupin flour ⇌ flaxseed meal [0.8oz (23g)] and plain pea protein powder [0.7oz (21g)]

xanthan gum ⇌ psyllium husk [0.2oz (5g)]

MCT oil powder ⇌ mayonnaise [0.5floz (15ml)]

NOTES & TIPS 🍌

*One recipe in this week involve toasting **pumpkin seeds**. Feel free to buy 4.2oz (120g) toasted seeds and 5.6oz (160g) untoasted.*

***Agar agar powder** can be omitted from the recipe. The results will be a little wetter and slightly less eggy in texture, but still very tasty.*

***Muffin tin liners** are not needed if you have silicone liners or are using a silicone muffin tin.*

THE SHOPPING LIST: week 5

PRODUCE ITEMS

- **alfalfa sprouts** - 1.5oz (43g)
- **avocado** - 2 medium [14oz (400g) 🍌] 🌱
- **bok choy**, baby - 3 heads [10oz (294g)]
- **carrots** - 1 medium [2.2oz (61g)]
- **garlic** - 1 clove [0.1oz (3g)]
- **green onions** - 1 medium stalk [0.53oz (15g)]
- **lemons** to juice - 0.4floc (10ml) of juice, about 1/2 medium 🌱
- **mixed greens**, baby leaves - 11oz (300g)
- **mushrooms**, white button - 4.0oz (113g)
- **radishes** - 2.0oz (56g), about 1/2 bunch
- **raspberries** - 11oz (308g)
- **red bell pepper** - 1 medium [5.3oz (150g) 🍆]

OTHER PERISHABLE ITEMS

- **soy** or **pea milk** - 70floc [2.1 quarts (2.0 liters)]

CANNED OR JARRED ITEMS

- **beans, lupini**, brined 🌱 🍷 - 7.9oz (225g)

CONDIMENTS, SAUCES & OILS

- **mayonnaise** 🍷 🍷 - 2.0floc (60ml)
- **oil, coconut** 🌱 - 0.7floc (20ml)
- **sriracha** - 0.7oz (19g/15ml)
- **vinegar, rice**, unsweetened 🌱 - 0.5floc (15ml)

NUTS & SEEDS

- **chia seeds** - 1.1oz (30g)
- **hemp hearts** - 0.4oz (10g)
- **sesame seeds**, brown or black - 0.4oz (11g)

BAKING INGREDIENTS

- **allulose** or sweetener of choice, granulated (e.g. erythritol or an erythritol blend) - 3.1oz (38g)
- **cocoa/cacao powder**, unsweetened - 0.6oz (16g)

MISCELLANEOUS

- **nori sheets**, the kind used to roll sushi - 6 sheets
- **nutritional yeast flakes** 🍷 🍷 - 0.4oz (10g)
- **protein powder, vanilla flavored** 🍷 🍷 - 3.5oz (98g)
- **seaweed snacks**, salted 🍷 🍷 - 7 x 0.17oz (5g) packets
- **shirataki/konjac noodles** 🍷 🌱 - 14oz (400g), likely two 7oz (200g) packages

NOTES & TIPS

*You were instructed to freeze half of an **avocado** in Week 1. If you didn't do this, you will need an additional half avocado this week.*

***Alfalfa sprouts** are very low in net carbs. Leftovers can be added to other dishes with negligible affect on macros.*

*If not using **shirataki noodles**, you will be making a soup that requires an additional 0.5floc (15ml) each of sesame oil, tamari (or soy sauce or aminos), and lemon or lime juice.*