

20 Day Kickstart - Week One

Grocery List

PRODUCE	
Name	Amount
onion white red or green	
garlic	
mushrooms	
fresh spinach	
bananas	
russet potatoes	
fresh basil	
avocado	
tomatoes	
broccoli sprouts	
peppers	
cabbage	
carrots	
pears	
greens	
cucumber	
fresh mint	
beets	
fresh thyme	
sweet potatoes	
mango	
ginger	
turmeric	
cilantro	
red potatoes	
Thai green chiles	
lime	
fresh dill	
oregano	
broccoli	
CANNED & PREPARED GOODS	
Name	Amount

chickpeas	
black beans	
cannelini beans	
artichoke hearts	
salad dressing oil free	
pickles	
olives	
hummus	
salsa	
diced tomatoes/fire roasted	
BBQ sauce	
tahini	
pickled jalapenos	
green chilis	
mustard	

WHOLE GRAINS & LEGUMES

Name	Amount
rolled oats	
whole grain bread	
Ground flax seed	
chickpea flour	
tortillas corn, whole wheat, gluten free	
quinoa	
brown rice	
red lentils	
green lentils	
black lentils	
yellow mung	
split dad (urad)	
black-eyed peas	

FROZEN

Name	Amount
corn plain or roasted	
cherries	
peas	
broccoli	

NON DAIRY

Name	Amount
TOFU extra firm	
plant based milk	

TOFU firm	
SPICES, FLAVORINGS, SEASONINGS	
Name	Amount
turmeric	
black salt	
salt & pepper	
nutritional yeast	
onion powder	
lemon juice	
Tamari	
cinnamon	
cardamon	
cacao powder	
kala namak	
balsamic glaze	
balsamic vinegar	
maple syrup	
Eden Shake	
Mrs. Dash	
oregano	
coconut aminos	
rice vinegar	
red chili pepper	
cumin	
smoked paprika	
garlic powder	
sage	
marjoram	
asafetida	
vanilla	
liquid smoke	
chili powder	
BAKING	
Name	Amount
OTHER	
Name	Amount
vegetable broth	
raisins	
walnuts	

almonds	
pepitas	
peanuts	
cashews	

20 Day Kickstart - Week Two

Grocery List

PRODUCE	
Name	Amount
onion white red or green	
garlic	
mushrooms	
shallots	
bananas	
Yukon Gold potatoes	
jicama	
avocado	
tomatoes	
broccoli sprouts	
peppers	
red cabbage	
carrots	
celery	
greens	
green cabbage	
pineapple	
strawberries	
green apple	
sweet potatoes	
jalapeno	
ginger	
beet	
cilantro	
eggplant	
blueberries	
lime	
mint	
zucchini	
CANNED & PREPARED GOODS	
Name	Amount

chickpeas	
tomato paste	
cannelini beans	
veggie broth	
kidney beans	
pinto beans	
marinara sauce	
pizza crust	
olives	
diced tomatoes/fire roasted	
miso paste	
tahini	
liquid smoke	
artichoke hearts	
green chilis	

WHOLE GRAINS & DRIED LEGUMES

Name	Amount
rolled oats	
whole grain bread	
bread crumbs	
whole grain flour	
basmati rice	
quinoa	
corn meal	
red lentils	
white rice flour	
whole grain pasta	
elbow pasta	

FROZEN

Name	Amount
sliced peaches	
edamame	
spinach	
cauliflower	
acai frozen packets	
stir-fried veggies	
frozen shredded potatoes	

NON DAIRY/NON MEAT

Name	Amount
TOFU extra firm	

plant based milk	
TOFU firm	
Just Egg	
vegan cheese	
Butler's Soy Curls	

SPICES, FLAVORINGS, SEASONINGS

Name	Amount
basil	
thyme	
salt & pepper	
nutritional yeast	
onion powder	
lemon juice	
Tamari	
cinnamon	
poultry seasoning	
Dijon mustard	
ginger	
apple cider vinegar/white vinegar	
balsamic vinegar	
maple syrup/agave nectar	
Creole seasoning	
fennel seeds	
lemon juice	
coconut aminos	
white wine	
hot sauce	
cumin	
smoked paprika/paprika	
garlic powder	
unsweetened coconut	
nutmeg	
oregano	
vanilla	
chipotle powder	
ground mustard	
cayene powder	
chili powder	

BAKING

Name		Amount
baking soda		
corn starch		
tapioca		
baking powder		
OTHER		
Name		Amount
pumpkin seeds		
chia seeds		
cashews		

20 Day Kickstart - Week Three

Grocery List

PRODUCE	
Name	Amount
onion white red or green	
garlic	
radish	
plantains	
broccolini	
russet potatoes	
dates	
avocado	
tomatoes	
broccoli sprouts	
peppers	
coleslaw mix	
bananas	
apples	
greens	
cucumber	
pineapple	
strawberries	
mint	
sweet potatoes	
mango	
jalapenos	
cilantro	
lime	
fresh dill	
CANNED & PREPARED GOODS	
Name	Amount
chickpeas	
orange juice	
black beans	
almond butter	
peanut butter	

natural jam/jelly	
salsa	
nori sheets	
hot sauce/ Sriracha	
mustard	
WHOLE GRAINS & LEGUMES	
Name	Amount
rolled oats	
whole grain bread/bagel	
basmati rice	
chickpea flour	
tortillas corn, whole wheat, gluten free	
quinoa	
bread crumbs	
green lentils	
FROZEN	
Name	Amount
corn plain or roasted	
cherries	
breakfast potatoes	
mixed veggies	
NON DAIRY	
Name	Amount
TOFU extra firm	
plant based milk	
tempeh	
vegan yogurt	
SPICES, FLAVORINGS, SEASONINGS	
Name	Amount
turmeric	
black salt	
salt & pepper	
balsamic vinegar or glaze	
onion powder	
lemon juice	
Tamari	
cinnamon	
basil	
cacao powder	
coconut shreds	

vegan chocolate chips	
maple syrup	
coconut aminos	
rice vinegar	
cumin	
smoked paprika	
garlic powder	
vanilla	
liquid smoke	
chili powder	
BAKING	
Name	Amount
OTHER	
Name	Amount
chia seeds	
pepitas	
pecans	
cashews	