

# 7-Day Plant-Based Mealplan

## by DAREBEE @ [darebee.com](https://darebee.com)

### SHOPPING LIST

oatmeal - 1 lb ( 500g )  
quinoa - 1 lb ( 500g )  
rice - 1 lb ( 500g )  
lentils - 5 cans or 1 lb ( 500g ) dry  
chickpeas - 4 cans or 1 lb ( 500g ) dry  
black beans - 2 cans or 1 lb ( 500g ) dry

pasta\* - 1 lb ( 500g )  
bread\* - 1 pack  
burger buns\* - 1 pack

peanut butter - 1 jar, 8 oz ( 150g )  
blackstrap molasses - 1 jar, 8 oz ( 250g )  
tomato sauce - 1 jar, 12oz ( 400ml )  
coconut milk - 7oz ( 200ml )  
almond milk - 7oz ( 200ml )

balsamic vinegar - 1 bottle  
apple cider vinegar - 1 bottle  
cinnamon - 1 spice jar  
curry powder - 1 spice jar, 2oz ( 60g)

apples - 2  
bananas - 5  
kiwifruit - 2  
cucumbers - 7  
tomatoes - 2  
eggplant - 1  
sweet potatoes - 1 lb ( 500g )  
carrots - 1  
onions - 2  
kale, fresh - 7oz ( 200g )  
broccoli - 1 lb ( 500g ) fresh or frozen  
peas - 2 cans or 1 lb ( 500g ) frozen

walnuts - 5 oz ( 150g )  
almonds - 5 oz ( 150g )  
raisins - ½ lb ( 250g )  
flaxseeds - ½ lb ( 250g )  
pumpkin seeds - 5 oz ( 150g )  
sunflower seeds - 5 oz ( 150g )

\* Should be marked "vegan"