

Curvy Fit VEGAN Grocery list

Note: For the first week of the challenge we highly recommend detoxifying your body.

This can easily be achieved with water (most important) green smoothies, and eliminating all animal or animal by products from your meals. We recommend eating fruits and vegetables. Consume plenty of fiber (black and kidney beans, blueberries. Also, don't forget about your potassium intake (carrots, bananas, sweet potatoes, or lima beans.

Water Is a MUST

Stock up about 6-7 gallons of water per week!

Grocery List

Protein

Most of the protein sources provided below are sold with about week's worth protein. Please check ingredients on the back. Refer to scale if buying whole and raw products.

(Fist-Full should always be the amount for any of the protein consumed for snack purposes) Exact measurements of most of the food will require recipe information

½ cup Tofu (a day)

½ cup of Tempeh

Plant-based Protein Powder (great options Orgain or Vega)

4 oz Veggie Burger per meal

½ cup grams Edamame per mea;

Almonds or peanuts (raw or dry roasted)

Sesame, Sunflower, and Poppy Seeds

Chia Seeds

Hemp

Kidney, Black or Pinto Beans

Lentils

Artichoke

Leafy Greens & Cruciferous (Contains Protein As well)

Spinach, Bok Choy, Asparagus, Broccoli, Collard Greens, Cauliflower, Kale

Fruits (This can have a large variety) Here is a small list

Blueberries

Avocado

Strawberries

Raspberries

Egg Plant

Non Dairy

Almond Milk
Flaxseed Milk