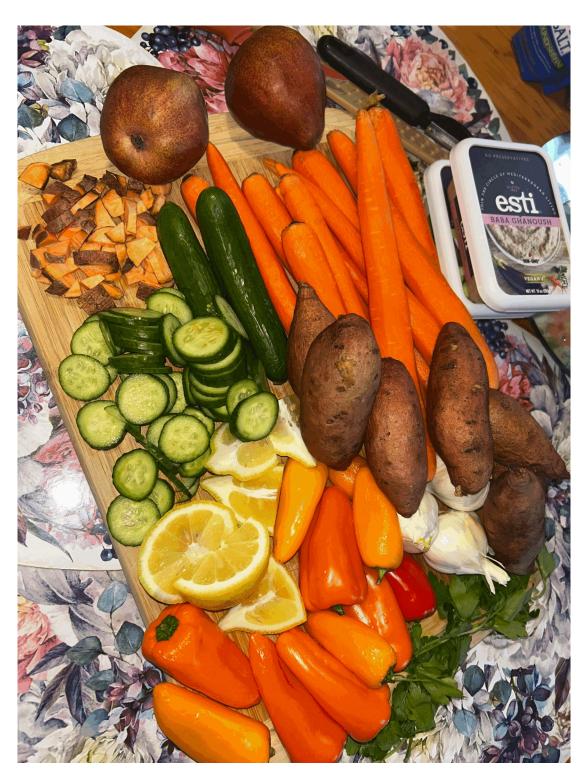
By: Madison Margaret

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<u>Grocery shopping guide - vegan edition</u>

<u>Lunch for vegans</u>



Sundays are my days to reset, and start off a new work week refueled. I tend to do things towards the end of the week that set me up to eat healthily all during the upcoming week.

Some grocery stores I food shop from weekly: Shoprite Trader Joe's Wholefoods

Some things I do during a sunday meal prep:

	Cut	carrots
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- ☐ Cut cucumbers
- ☐ Steep homemade tea to chill & add lemon, honey and other herbs such as layender
- ☐ Bake sweet potatoes
- ☐ Dice yellow potatoes
- ☐ Cut melons, fruit, or veggies then section into appropriate sized snack containers
- ☐ Strain and section small containers of berries for the upcoming few days
- ☐ Separate nuts or homemade trail mix into paper bags
- ☐ Roast a few bulbs of garlic with italian olive oil

- ☐ Make two peanut butter and jelly sandwiches (1 for me and 1 for my boyfriend)
- ☐ Emulsify and strain fruits, herbs, and veggies to make immunity shots
- ☐ Make a pound of pasta with sauteed olive oil, garlic and tomatoes
- ☐ Dessert made from fruit this week we made a pear crumble pie, similar to apple crumb
- ☐ Make a loaf of bread in my dutch oven no knead involved!
- ☐ Make sure ice is made from fresh, clean water
- ☐ Throw away any old food and clean kitchen











