

# 7 Day Raw Vegan Challenge

## Grocery List

### ***Fruits:***

- Lime (5)
- Lemon (10)
- Medjool Dates
- Mango (frozen pieces)
- Strawberries

### ***Vegetables:***

- Zucchini (12)
- Carrots (2 large bags)
- Red Cabbage (1)
- Red Bell Pepper (8)
- Green Bell Pepper (3)
- Mushrooms (1 package)
- Bean Sprouts (1 cup)
- Green Onions (2)
- Corn (4 cobs)
- Tomatoes (6)
- Black Beans (2 cans)
- Spinach (2 bags)
- Avocado (9)
- Pumpkin (diced)
- Lettuce (1 head)
- Cucumber (1)
- Garlic
- Red Onion (2)
- Broccoli (1 head)
- Jalapeno (2)
- Romaine Lettuce (2)
- Purple Cabbage (1 head)
- Kale (1 bunch)

- Celery (1 stalk)
- Collard Leaves

***Nuts:***

- Pistachios (3/4 cup)
- Sesame Seeds (1/2)
- Cashews (3 cups)
- Cashew Butter
- Peanut Butter
- Pecans
- Walnuts
- Almonds

***Seasonings/Herbs/Spices:***

- Cilantro
- Ginger
- Fresh Mint
- Chili Powder
- Salsa
- Cumin
- Sea Salt
- Tamari
- Cinnamon
- Dill Weed
- Turmeric
- Italian Spices
- Sage
- Thyme
- Marjoram
- Rosemary
- Nama Shoyu
- Cinnamon
- Basil

**Other:**

- Fresh Apple Juice (1/2 cup)
- Orange Juice (1/3 cup)
- Tamarind Sauce (1/4 cup)
- Coconut Water
- Unsweetened Coconut Shreds
- Cocoa or unsweetened cocoa powder
- Macadamia Nuts
- Maca Powder
- Stevia (optional)
- Sesame Oil
- Maqui Berry Powder (optional)
- Vanilla Extract
- Nori Sheets (4)
- Kelp Noodles (1 package)
- Tahini
- Tamari
- Maple Syrup
- Chia Seeds
- Almond Milk (unsweetened)
- Vegan Vanilla Protein Powder
- Ice
- Raw Dark Chocolate Chips
- Cacao Nibs
- Beluga Lentils
- Olive Oil
- Black Pepper
- Coconut Milk (2 cans)
- Chickpeas (3 cans)
- Apple Cider Vinegar
- Coconut Oil