

Here's a list of groceries to purchase for the meal plan in this handout. Choose organic if possible. Purchase enough of each item to eat 1-2 servings per day per person.

Substitute any ingredients you cannot consume with anything similar. Prices listed are approximate to give you an example of what this meal plan will cost. Consider not all ingredients will be used in the 7 days and there will be some left over, for example salt, seasonings, hot sauce, etc.

Visit <https://daileyfoods.com/category/recipes/> for recipes and links to buy recommended ingredients on Amazon.

Quantity	Item	Approximate Cost
	<b>FRESH PRODUCE</b>	
1	Celery, head	\$2.00
2	Bell Peppers, large	\$4.00
5	Potatoes, lbs	\$5.00
1	Carrots, lb	\$2.00
2	Broccoli, Cauliflower, and/or Brussel Sprouts, lb	\$6.00
1	Baby Spinach, lb	\$5.00
7	Apples, each	\$4.00
1	Onion, each	\$1.00
1	Garlic, head	\$1.00
7	Grapefruit, Lemons, and/or Oranges, each	\$5.00
7	Bananas, each	\$2.00
3	Avocados, medium	\$3.00
1	Berries, container or frozen bag	\$3.00
	<b>PANTRY &amp; REFRIGERATOR</b>	
4	Garbanzo beans and/or White beans, canned	\$4.00
2	Pinto beans, canned	\$2.00
7	Tahini (sesame seed butter), servings	\$3.00
7	Extra Virgin Olive Oil, servings	\$2.00

4	Vegan butter, servings	\$1.00
1	Vegan mayo, jar, optional	\$5.00
1	Firm tofu, container	\$2.00
1	Cumin powder, small container	\$3.00
1	Onion & Garlic Salt, container	\$2.00
1	Tomatoes, canned, diced or whole	\$2.00
7	Almond butter, servings	\$3.00
1	Whole Grain Unleavened Bread or Whole Wheat Flour, lb	\$3.00
1	Salt, small container	\$1.00
1	Brown Rice, lb	\$2.00
0.5	Brazil Nuts, lb	\$4.00
0.5	Dried Dates, pitted, lb	\$3.00
4	Flax seeds, ground, servings	\$1.00
7	Cacao powder, raw, servings	\$3.00
7	Turmeric powder, optional, servings	\$1.00
1	Salsa, optional, container	\$4.00
1	Hot sauce, optional, container	\$2.00
0.5	Lemon juice, bottled or fresh lemon juice, cup	\$2.00
1	Non-dairy Milk, container	\$3.00
1	Stevia extract, optional, bottle or powder	\$4.00
0.5	Nutritional yeast, non-fortified, lb	\$3.00
	TOTAL COST	\$105.00

Below is a list of recommended meal prep and food serving equipment and brands.

Visit <https://daileyfoods.com/meal-prep-equipment-complete-guide/> for links to purchase on Amazon.

Item	Suggested Brand
Food processor	KitchenAid
Blender	Vitamix
Air fryer	Ninja
Slow cooker	GreenLife
Rice cooker	Aroma
Cooking pots and pans with lids	All-Clad
Oven	
Stove	
Baking sheets	
Knife	Wusthof
Cutting board	
Mixing bowls	Pyrex
Cooking utensils	
Meal prep containers with lids, oven or microwave-safe	Pyrex and BentGo
Glass jars for storing beverages	Ball or Mason
Dish soap	Dr. Bronner's Sal Suds
Dish sponges	
Dish drying rack	
Plates, silverware, napkins	Corelle
Water bottle	

