

Produce

- 1 large apple, peeled and finely grated
- 1 ripe avocado (2)
- 2 large bananas (frozen and ripe)
- 1/4 cup mashed banana or unsweetened applesauce
- 1 small carrot (peeled and sliced)
- 2 large carrots (diced)
- 1 medium zucchini (2)
- 1 small sweet potato (2)
- 1 large cucumber (thinly sliced)
- 1 small onion (diced)
- 1/4 red onion (thinly sliced, optional)
- 1 large ripe banana (frozen)
- 1-inch piece fresh ginger (peeled and grated, for 2 weeks)
- 3 cloves garlic (minced)
- 2 cloves garlic (minced, additional)
- 1 cup fresh basil leaves (or a mix of basil and spinach)
- 1/2 cup fresh mixed berries (blueberries, raspberries, strawberries)
- 1 cup fresh mixed berries (additional)
- 2 cups spinach (fresh or kale, chopped)
- 1 cup baby spinach (additional)
- 1 cup fresh parsley or cilantro (chopped)
- 1/4 cup fresh basil (for garnish)
- 1/4 cup fresh cilantro (for garnish)
- 1/4 cup fresh parsley (for garnish)
- 1 cup mushrooms (sliced, shiitake or cremini)
- 1/2 cup bell pepper (yellow or red, diced)

Canned & Jarred

- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 (13.5-ounce) can coconut milk, full-fat
- 1 (13.5 oz) can unsweetened coconut milk (additional)
- 1/2 cup coconut milk (or almond milk)
- 1 cup unsweetened almond milk (additional)
- 4 cups low-sodium vegetable broth
- 6 cups low-sodium chicken broth
- 2 cups low-sodium vegetable or chicken broth
- 1 tablespoon apple cider vinegar
- 1 (28-ounce) can crushed tomatoes (no sugar added)

Grains & Legumes

- 1 cup rolled oats (gluten-free if needed)
- 1 cup oat flour

- 2 cups rolled oats (gluten-free if needed)
- 1 cup jasmine or basmati rice (white)
- 1 cup Arborio rice (or another short-grain rice)
- 1/2 cup quinoa (rinsed well)
- 2 tablespoons chia seeds
- 2 tablespoons ground flaxseeds

Dairy & Dairy Alternatives

- 1 cup unsweetened almond milk (additional)
- 1/2 cup unsweetened coconut yogurt (store-bought or homemade)
- 1/2 cup grated Parmesan cheese (or nutritional yeast for dairy-free)
- 1 1/2 cups shredded mozzarella cheese (or dairy-free)
- 1 tablespoon unsweetened almond butter (smooth and natural)
- 1/4 cup crumbled feta cheese (optional)

Spices & Seasonings

- 1/2 teaspoon black pepper
- 1/2 teaspoon cinnamon
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon sea salt
- 1/4 teaspoon sea salt
- 1/2 teaspoon extra virgin olive oil
- 1 tablespoon olive oil
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground turmeric
- 1 teaspoon capers
- 1 teaspoon chia seeds
- 1 teaspoon Dijon mustard
- 1 tablespoon maple syrup or honey
- 1 tablespoon raw honey or maple syrup
- 1 tablespoon ground flaxseeds
- 1 tablespoon ground flaxseeds (for oats or muffins)
- 1 teaspoon maple syrup or honey (optional)

Nuts & Seeds

- 2 tablespoons chopped walnuts or slivered almonds
- 1/4 cup walnuts or soaked almonds
- 1 tablespoon hemp seeds

- 2 tablespoons pumpkin seeds or hemp seeds
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseeds
- 1 tablespoon ground flaxseeds (for pudding or baking)
- 1/4 cup chopped nuts or shredded coconut (optional topping)

Sweeteners

- 1/4 cup honey or pure maple syrup (natural sweetener)
- 1 tablespoon maple syrup or honey (adjust to taste)
- 1 teaspoon maple syrup or raw honey (optional)
- 1 tablespoon maple syrup or raw honey

Oils & Vinegars

- 1 tablespoon extra virgin olive oil
- 2 tablespoons extra virgin olive oil
- 1 tablespoon olive oil or coconut oil
- 1 tablespoon coconut oil (optional)

Baking & Cooking Ingredients

- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 tablespoon arrowroot starch or cornstarch

Other

- 2 large eggs
- 3 large eggs
- 2 probiotic capsules (dairy-free, live cultures)
- 2 slices whole grain, sprouted, or gluten-free bread
- 1/4 teaspoon nutritional yeast (optional)
- 1 tablespoon nutritional yeast (optional)
- 1 teaspoon vanilla extract (optional)
- 1 tablespoon lemon juice (adds freshness and aids digestion)
- 1 tablespoon lemon juice
- Juice of 1 lime
- 1 tablespoon dried oregano
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/4 cup granola (gluten-free and no refined sugar)
- 1 teaspoon pure vanilla extract