

# 7 DAY VEGAN CHALLENGE

## EINKAUFLISTE

### FRESH PRODUCTS:

360g apples	1 plum
325g raspberries	150g raisins
225g blueberries	2 bundles of mint
200g soy yogurt	1 zucchini (courgette)
3 bundles of parsley	5 garlic cloves
1 bundle of cilantro (coriander leaves)	150g smoked tofu
3 red onions	1 carrot
1 pack of hummus	3 scallions
700g cherry tomatoes	Fresh ginger
200g cucumber	2 limes
2 lemons	70g red cabbage
5 bananas	100g kale
1 orange	50g arugula (rocket)
2 passion fruits	3 mushrooms
250g strawberries	1 red bell pepper
2 kiwis	1 head cauliflower
1 mango	1 bulb fennel

### INGREDIENTS YOU MAY ALREADY HAVE:

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Baking powder  
[150g Coconut Oil](#)  
100ml olive oil  
50ml apple cider vinegar  
10g ground cinnamon  
200ml vegetable broth  
32g sugar-free cocoa powder  
40ml soy sauce  
Red pepper flakes  
20ml rice vinegar  
20g agave syrup  
10ml sesame oil

**SHELF-  
STABLE  
INGRE-  
DIENTS:**

[290g Protein Muesli](#)  
[2 Paleo Bars of your choice](#)  
[140g vanilla Vegan Protein](#)  
[120g chocolate Vegan Protein](#)  
[300g Protein Flakes](#)  
[1 sour cherry-apple Energy Bar](#)  
2 cans of chickpeas  
20 black olives  
350g nuts of your choice  
50g chocolate chips  
120g almonds  
[40g White Chia Seeds](#)  
450g dried dates  
50g pumpkin seeds  
[2 packets of banana-physalis Crunchy Fruits](#)  
100g semolina  
[1 packet of Goji Berries](#)  
[1 jar of Organic Peanut Butter](#)  
60g rice noodles  
250g gluten-free pasta  
50g sun-dried tomatoes in oil  
50g soba noodles  
60g cashews  
3 liters of almond milk