

Evolve180 Vegetarian Protocol

Sample Grocery Shopping List

Produce:

Arugula (1 Pack)
Avocado (1 Medium)
Baby Spinach (1 Pack)
Blackberries (1 Carton)
Brussel Sprouts (1 Bag)
Cabbage (2 Heads)
Cilantro (1 Group)
Cucumber (2 Medium)
Dill Pickles (1 Jar)
Garlic (4 Cloves)
Ginger Root (3 pieces)
Green Beans (1 Bag)
Green Bell Pepper (1)
Guacamole Cups (1 Pack-Sabra)
Lemon (1)
Miracle Noodles (1 Bag)
Portobello Mushrooms (3 Medium)
Palmini Noodles (1 Pack)
Raspberries (1 Carton)
Red Bell Pepper (1)
Riced Cauliflower (2-3 bag)
Serrano Pepper (1 Pepper)
Spinach (1 Frozen Bag)
Strawberries (1 Carton)
Yellow Onion (1 Medium)
Zucchini (4 Medium)

Proteins:

Paneer (20 oz)
Beyond Sausage Links (2 packs)
“Quorn” Pieces (1 Bag)
Tofu (about 20 oz)

Healthy Fats:

Avocado Oil
Butter
Extra Virgin Olive Oil
Goat Cheese (1 Little Container)
Heavy Cream (Little Carton)
Mozzarella Cheese (1 Pack)
Parmesan Cheese (1 Container)
Pesto (Whole Foods) (1 Container)

Extras:

Almonds (1 Can or Bag)
Apple Cider Vinegar
Chili Sauce
Cocoa Powder (1 Small Container)
Franks Hot Sauce (1 Bottle)
Franz Keto Buns (1 Bag)
Keto Strawberry Ice Cream Bars (1 Box)
Liquid Stevia
No Sugar Heinz Ketchup
Pistachios (1 Bag)
Raw Peanuts (1 Can or Bag)
: Ratio Yogurt (1 Snack Size Container)
Rice Vinegar
Seaweed Snack (Trader Joe’s) (1 Pack)
Soy Sauce
Spry Gum
Unsweet Almond Milk
Walden Farms Maple Syrup