GROCERY LIST

5 day summer meal prep guide

PRODUCE

- [ ] 3 medium zucchinis (800 g)
- [ ] 1 big English cucumber
- [ ] 5 small tomatoes (500 g)
- [ ] 2 lemons, preferably organic
- [ ] 1 red onion
- [ ] 5 cloves of garlic
- [ ] fresh/frozen parsley (2 tbsp chopped)
- [ ] fresh/frozen basil (1 tbsp chopped)
- [ ] a box of strawberries

DAIRY

- [ ] 1 plain or Greek yogurt (125 g)
- [ ] 6 eggs
- [ ] feta (~ 150 g)
- [ ] whipped cream (for strawberries)

CANNED GOODS

- [ ] 1 can of tuna plain or in olive oil (140 g)
- [ ] 1 can of chickpeas (265 g), especially for veg option

FROZEN FOODS

- [ ] 50 g of green peas (4 tbsp)
- [ ] 50 g of spinach

PANTRY

- [ ] 1 cup of quinoa
- [ ] 200 g (1,5 cups) short pasta
- [ ] 2/3 cup couscous
- [ ] 8 tbsp olive oil
- [ ] 1 tbsp soy sauce
- [ ] 2 tsp garlic powder
- [ ] 3 tsp herbes de Provence
- [ ] 2 tsp dried oregano
- [ ] 2/3 cup tomato paste or juice
- [ ] 2 tbsp apple cider/red wine vinegar
- [ ] 2 tsp maple syrup or honey

OTHERS

- [ ] 500 g of plain tofu
- [ ] 1 tsp of mustard
- [ ] ~ 120 g olives

Vera Diet