

**Here's how much of all ingredients you'll need to make these recipes! Hopefully you won't need to shop for most of the pantry items; if you'd rather not buy them, feel free to skip or substitute.**

## **PRODUCE**

5 bananas  
6 apples  
3 kiwis  
1 lime  
1 lemon  
3 avocado  
4 medium-size tomatoes  
3 bell peppers  
3 cucumbers  
14 cups fresh spinach

3 sweet potatoes  
1 large russet potato  
1 or 2 heads broccoli (enough for 2 ½ cups florets)  
3 ½ c mushrooms  
1 bunch kale  
1 bunch scallions  
2 onions  
1 head garlic

## **GRAINS**

1 ½ cups dry oatmeal  
1 cup dry quinoa  
1 cup dry brown rice  
18 tortillas

## **DAIRY**

8 oz shredded cheese  
2 cups almond milk  
10 eggs  
4 cups Greek yogurt  
1 tbsp feta cheese

## **DRY GOODS**

9 tbsp peanut butter

5 cans black beans (or dried beans to make 6.5 cups cooked)

**PANTRY AND SEASONINGS**

canola or olive oil (7 Tbsp)  
balsamic vinegar (1/2 Tbsp)  
tahini (1 Tbsp)  
ground cinnamon  
ground nutmeg  
smoked paprika  
cayenne pepper  
ground cumin  
black pepper  
sea salt or kosher salt