

# Renew

THE  
ANTI-AGING  
JUMPSTART



SUGGESTED MEALS & SHOPPING LIST

# WEEKLY MEALS MADE EASY

Here are your suggested meals for the week plus a shopping list to make planning easy as 1-2-3.

**PLEASE NOTE:** Dressings, snacks, protein balls, dips, toppings, drinks and desserts are not included in your sample meal plan or shopping list. Please add 1-2 snacks per day in between meals, if needed, or have a green juice or cup of tea.

# THIS WEEK'S PLAN

## YOUR ANTI-AGING MEALS AT A GLANCE

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Toast with Scrambled Eggs	Berry Banana Smoothies	Berry Smoothie	Grain-Free Nut and Seed Cereal	Apple Chia Pudding	Spinach Scramble with Avocados	Green Smoothie
Spinach Salad with Cherry Tomatoes	Roasted Broccoli with Tomatoes and Black Beans	Veggie Collard Wrap with Ginger Dressing	Massage Kale Salad with Almonds	Pesto Noodle Salad	Sautéed Bok Choy with Chickpeas	Sweet Basil Salad
Spiced Quinoa with Black Beans	Lentil Bowl with Roasted Beets	Chickpea Salad	Coconut Curry Soup	Pineapple Ginger Fried Rice	Red Lentil Soup	Roasted Veggie Bowl

# SHOPPING LIST

## VEGETABLES

Baby Spinach – 6 cups  
Spinach – 4 cups  
Cherry Tomatoes – 3 cups  
Red Onion – 2  
Onion - 6  
Green Pepper – 1  
Kale – 1 bunch + 4 leaves  
Broccoli – 2 heads  
Beets – 2  
Carrot – 3  
Celery Stalks – 7  
Arugula – 2 cups  
Purple Cabbage – 1 head + 3 cups  
Cucumber – 2  
Scallion – 3  
Leek – 1  
Sweet Potato – 2 cups  
Mixed Greens – 8 cups  
Red Bell Pepper – 1  
Green Bell Pepper – 1  
Green Peas – 1 cup  
Bok Choy – 2 cups  
Cauliflower – 1 head

## FRUIT

Avocado – 3½  
Blueberries – 1½ cup  
Banana – 1½  
Lemon – 5  
Apple – 4  
Pineapple – ½ cup  
Kiwi – 2  
Mango – 1 cup

## MISCELLANEOUS

Coconut Oil  
Ezekiel Bread  
Green Olives  
Black Olives  
Extra Virgin Olive Oil  
Apple Cider Vinegar  
Quinoa  
Black Beans, canned – 2 (15oz)  
Vanilla Protein Powder  
Lentils  
Red Lentils  
Tahini  
Chickpeas, canned – 2 (15oz)  
Coconut Chips  
Raisins  
Honey  
Chia Seeds  
Pasta (spelt)  
Brown Rice

## PROTEINS

Eggs - 6

## LIQUIDS

Nondairy Milk – 6½ cups  
Coconut Milk, canned – 1 (15oz)  
Vegetable Broth – 6 cups

## SEEDS & NUTS

Walnuts  
Sunflower Seeds  
Almonds

## HERBS & SPICES

Oregano, dried  
Sea Salt  
Black Pepper  
Garlic Cloves – 10  
Cumin  
Cilantro – 2 bunches  
Garlic Powder  
Cinnamon  
Parsley, flat leaf – 3 bunches  
Mint Leaves – 1 bunch  
Italian Seasoning  
Curry  
Thyme  
Basil, fresh – 1 cup  
Basil, dried  
Ginger – 2 inches  
Turmeric

# JUST IN CASE YOU WANT TO CHANGE IT UP

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

