

PRE-FF4W CHECKLIST

To help things go smoothly, here is our list of appliances that you'll use throughout the weeks along with shelf-stable ingredients that might be hard to find, depending on your location, and therefore need to be ordered ahead of time.

- Slow cooker (see Note)
- Blender
- Medium saucepan
- Small saucepan
- Rimmed sheet pan
- Food processor (see Note)
- Muffin tin
- Large skillet
- Glass meal-prep containers
- Mix of glass storage containers, for leftovers
- Prep bowls, mix of sizes

NOTES:

- *A slow cooker is only used in the Biome Broth recipe, with an option for stove-top.*
- *If you don't own a food processor but have a good blender, then you can use that in the recipes that call for a food processor, though you will likely have to remove the top, scrape down the sides, and blend a few times to get the same results.*

Since a plant-based diet can be low in iodine, we recommend using iodized salt to ensure you are getting a source of this vital nutrient. But if you're fermenting, make sure to use non-iodized salt.

PRE-FF4W CHECKLIST

FOODS:

- Dried shiitake mushrooms
- TK-ounce package kombu sheets
- Matcha powder (organic ceremonial grade)
- Nutritional yeast
- Gluten-free flour (Bob's Red Mill 1:1 and King Arthur Flour All Purpose Gluten-Free Flour Mix are Week 1-approved)
- Garlic-infused olive oil
- Mushroom powder (see Mushroom Hot Cocoa on page 000 for more)
- Wakame seaweed

SPICES:

- Ground ginger
- Ground cinnamon
- Ground nutmeg
- Salt (see Note)
- Freshly ground black pepper
- Dried oregano
- Dried basil
- Dried parsley
- Red pepper flakes, optional
- Ground turmeric
- Chili powder
- Smoked paprika
- Yellow curry powder
- Garam masala
- Ground cumin
- Vanilla extract
- Ground coriander
- Ground cayenne, optional
- Dried thyme
- Dried mustard
- Dried cardamom
- Garlic powder

PANTRY STAPLES

If you don't have these on hand, grab them ahead of time:

- 100% maple syrup
- Balsamic vinegar
- Olive oil
- Ground cumin
- Sea salt
- Ground black pepper
- Red pepper flakes
- Dried kombu
- Turmeric
- Tamari
- Nutritional yeast
- Vanilla extract
- Red wine vinegar
- Rice wine vinegar
- Pickling spice (or mustard seeds, cloves and whole peppercorns)
- Apple cider vinegar
- Dried oregano
- Dried basil
- Chili powder
- Smoked paprika
- Cayenne Pepper
- Toasted sesame oil
- Cornstarch or arrowroot powder
- Ground ginger
- Ground cinnamon
- Ground nutmeg
- Dried cranberries, optional
- Yellow curry powder
- Garam masala powder
- Baking powder
- Baking soda

WEEK 1 SHOPPING LIST

PRODUCE

- 1 medium piece fresh ginger
- 7 large lemons
- 5 large red bell peppers
- 1 ounce dried shiitake mushrooms
- 1 pound carrots
- 1 pound celery hearts
- 1 pint cherry tomatoes
- One 5-ounce bag spinach leaves
- 3 kiwi
- 1 pound strawberries
- 2 Bananas
- One 10-ounce package leafy salad greens
- 2 beets
- One 100 g container broccoli sprouts
- 1 bunch fresh parsley
- 1 bunch fresh basil
- 1 large Avocado
- 1 large eggplant
- 2 zucchini
- 7 roma tomatoes
- 1 small fennel
- 1 large pineapple
- 1 small bunch fresh chives
- 1 bunch kale (lacinato or curly)
- 1 jalapeno
- 1 bunch fresh cilantro
- 1 lime
- 1 pint blueberries
- 3 large sweet potatoes
- 2 parsnips
- 6 large radishes
- 2 bunches scallion
- 1 head romaine lettuce
- One 5-ounce container arugula
- 1 red chili pepper
- 1 head broccoli
- 2 heads bok choy
- 1 pound oyster mushrooms
- 2 large oranges
- 2 large tomatoes

CUPBOARD

- One 28-ounce jar peanut butter
- 1 small container white miso paste
- One 14-ounce jar coconut oil
- One 8-ounce container unsweetened cocoa powder
- One 28-ounce jar almond butter
- 1-ounce bag freeze-dried strawberries
- One 64-ounce container almond milk
- 1 small bag chia seeds
- 1 small bag hemp seeds
- 1 small bag ground flax meal
- Two 15-ounce cans chickpeas
- One 5-ounce jar sunflower kernels
- One 15-ounce jar tahini
- One 15-ounce can brown lentils
- One 24-ounce bag yellow cornmeal
- One 8-ounce bag unsweetened coconut flakes
- One 8-ounce bag dates
- One 4-ounce box wild rice
- 1 loaf sourdough bread
- One 8-ounce package tempeh
- 1 small bag whole almonds
- Corn tortillas (4)
- 1 pound firm tofu, packed in water
- One 8-ounce package Rice noodles
- One 18-ounce container rolled oats
- One 3-ounce bag pepitas
- One 2.24-ounce can sliced black olives
- One 8-ounce package gluten-free pasta of choice
- One 8-ounce package Quinoa
- One 15-ounce can coconut milk
- One 8-ounce package brown rice
- 1 bag gluten-free flour
- One 20-ounce package arborio rice
- One 10-ounce bag chopped walnuts

WEEK 2 SHOPPING LIST

PRODUCE

- 1 medium piece fresh ginger
- 4 large lemons
- 1 large red bell pepper
- 1 large green bell pepper
- 1 ounce dried shiitake mushrooms
- 1 small onion
- 1 pound carrots
- 1 pound celery hearts
- 1 large baking potato
- 1 pint Cherry tomatoes
- One 5-ounce bag spinach leaves
- 1 pound strawberries
- 3 bananas
- 1 kiwi
- One 10-ounce package leafy salad greens
- 2 beets
- One 100g container broccoli sprouts
- 1 bunch fresh parsley
- 1 bunch fresh basil
- 1 large Avocado
- 1 Thai Chili
- 1 zucchini
- 2 roma tomatoes
- 1 small bunch fresh chives
- 3 bunches kale (lacinato or curly)
- 1 jalapeno
- 1 bunch fresh cilantro
- 2 limes
- 1 bunch fresh mint
- 1 pint blueberries
- 3 large sweet potatoes
- 2 bunches scallion
- 1 head romaine lettuce
- 7 large oranges
- 2 large grapefruit
- 3 large tomatoes
- 1 small butternut squash
- One 6-ounce package snow peas
- 1 small head red cabbage

CUPBOARD

- One 64-ounce container almond milk
- 4 ounces matcha powder (preferably ceremonial matcha)
- One 8-ounce bag frozen edamame
- 8 ounces soba noodles
- Three 15-ounce cans chickpeas
- 1 small bag oat flour
- One 15 ounce can pumpkin puree
- 1 pound bag dried red lentils
- One 28 ounce can diced tomatoes
- One 15 ounce can diced tomatoes
- Three 15-ounce cans brown lentils
- 1 loaf sourdough bread
- Corn tortillas (4)
- 2 pounds firm tofu, packed in water
- One 2.24-ounce can sliced black olives
- One 8-ounce bag dark chocolate chips or cacao nibs
- 1 small bag dried cranberries
- 8 ounces dried goji berries (optional)
- One 14-ounce package soft tofu
- Two 15-ounce cans coconut milk
- One 15-ounce can tomato sauce
- One 10-ounce bag chopped walnuts
- 2 pounds chopped frozen spinach

WEEK 3 SHOPPING LIST

PRODUCE

- 1 medium piece fresh ginger
- 5 large lemons
- 3 large red bell pepper
- 1 yellow red bell pepper
- 1 large green bell pepper
- 1 ounce dried shiitake mushrooms
- 2 medium yellow or white onions
- 1 pound carrots
- 1 pound celery hearts
- 4 large cucumbers
- 1 pint cherry tomatoes
- 1 5-ounce bag spinach leaves
- 6 Bananas
- 4 kiwi
- 1 5-ounce package leafy salad greens
- 1 100g container Broccoli sprouts
- 1 bunch fresh parsley
- 3 large Avocados
- 1 bunch fresh chives
- 1 roma tomato
- 1 bunch kale (lacinato or curly)
- 1 jalapeno
- 3 bunches fresh cilantro
- 6 limes
- 1 large spaghetti squash
- 1 shallot
- 1 head garlic
- Peanuts
- 2 honeydew melons
- 1 bunch fresh mint
- 2 pints berries of choice
- 1 large sweet potatoes
- 3 bunches scallion
- 1 head romaine lettuce
- 2 bunches baby Boy Choy
- 4 ounces shiitake mushrooms
- Tomato paste (2 teaspoons)
- 1 pound dried brown lentils
- 1/4 cup raw cashews
- 1 large tomato
- 1 small head red or green Napa cabbage
- 4 collard leaves
- 1 medium onion

CUPBOARD

- One 64-ounce container almond milk
- One 8-ounce bag frozen edamame in pods
- One 16-ounce bag rolled oats
- One 2-ounce bag sliced almonds
- One 8-ounce bag frozen cherries
- 2 ounces mushroom powder
- 8 ounces soba noodles
- Three 15-ounce cans chickpeas
- One 4-ounce jar Kalamata olives
- One 8-ounce jar Dijon mustard
- One 12-ounce bag frozen okra
- One 14-ounce can kidney beans
- One 16-ounce jar kimchi
- One 8-ounce bag farro
- One 15-ounce can pumpkin puree
- One 15-ounce can black beans
- One 15-ounce can fire-roasted diced tomatoes
- 1 loaf sourdough bread
- Corn tortillas (4)
- 4 pounds extra-firm tofu, packed in water
- Capers
- One 2.24-ounce can sliced black olives
- One 15-ounce can tomato sauce
- Vegan Worcestershire sauce
- 1 small jar hot sauce, like Texas Pete

WEEK 4 SHOPPING LIST

PRODUCE

- 1 medium piece fresh ginger
- 4 large lemon
- 3 large green bell pepper
- 1 yellow red bell pepper
- 1 large orange bell pepper
- 1 ounce dried shiitake mushrooms
- 3 medium yellow or white onions
- 1 red onion
- 1 pound carrots
- 1 pound celery hearts
- 1 large cucumbers
- 1 large mango
- 1 small jicama
- 2 pints cherry tomatoes
- One 10-ounce bag spinach leaves
- 6 bananas
- 2 kiwi
- 1 5-ounce package leafy salad greens
- 1 100g container broccoli sprouts
- 4 large Avocado
- 1 bunch fresh chives
- 2 bunches kale (lactino or curly)
- 2 jalapeños
- 2 bunches fresh cilantro
- 1 bunch fresh basil
- 1 pint strawberries
- 1 pint berries of choice
- One 8 ounce) bag dates
- 5 limes
- 1 head garlic
- 2 large oranges
- 1 large grapefruit
- 2 bunches scallion
- 1 head broccoli
- 1 large tomato
- 1 5-ounce bag arugula

CUPBOARD

- One 64-ounce container almond milk
- One 2-ounce jar sesame seeds
- One 15-ounce can or container low-sodium vegetable broth
- 8 ounces baked tofu
- 1 package chai tea (in bags)
- One 8-ounce package tempeh
- 4 15-ounce cans chickpeas
- One 15-ounce can white beans
- One 15-ounce can coconut milk
- One 15-ounce container breadcrumbs
- One 15 ounce can tomato sauce
- 3 15-ounce can diced tomatoes
- 2 15-ounce cans black beans
- One 15-ounce can kidney beans
- One 15-ounce can pinto beans
- 2 15-ounce cans cannellini beans
- Jarred marinara sauce (Rao's and FODY are low FODMAP, see chickpea meatball recipe for more details)
- 1 package sub rolls
- 1 package whole-grain buns
- 2 ounces soda noodles
- One 8-ounce bag elbow noodles
- One 8-ounce bag dried pasta of choice
- One 8-ounce bag whole-grain spaghetti
- One 14-ounce bag White rice
- 1 ounce package Nori sheets
- 1 loaf Sourdough bread
- Two 16-ounce packages extra-firm tofu, packed in water