

WEEK 1 SHOPPING LIST

MEAT

- ☐ Uncured Bacon - 8 oz
- ☐ Ground Turkey - 1/2 lb
- ☐ Orange Roughy Fillet (wild) - 6 oz
- ☐ Sirloin Steak (grass-fed) - 8 oz
- ☐ Chicken Breast (pasture-raised) - 8 oz

CANNED

- ☐ Cannelini Beans - 1 can, 15 oz
- ☐ Tuna, packed in water - 1 can
- ☐ Black Beans - 1 can, 15 oz
- ☐ Green chiles, 1 can, 4 oz
- ☐ Tomato Paste - small can or tube
- ☐ Chicken Broth* - 1 1/2 cups
- ☐ Diced Tomatoes with Green Chiles - 1 can, 10 oz

OTHER

- ☐ Honey
- ☐ Bottled Minced Garlic
- ☐ Salsa (optional, for rice bowls)
- ☐ Pure Maple Syrup
- ☐ Natural Peanut Butter* - 4 Tbsp
- ☐ Unsulphured Molasses - 3 tsp

ADDITIONAL ITEMS

- ☐ Ingredients for chosen snacks
- ☐ Ingredients for chosen salad dressings

FROZEN

- ☐ Frozen Diced Onion - 1/4 cup
- ☐ Frozen Diced Green Peppers - 1/4 cup
- ☐ Frozen Corn - 1/2 cup
- ☐ _____
- ☐ _____

PRODUCE

- ☐ Mixed Salad Greens - 10-12 cups
- ☐ Avocado, Haas - 2-3 total
- ☐ Grape Tomatoes - 1/2 pint
- ☐ Edamame, Shelled - 1/2 cup
- ☐ Red Onion - 1
- ☐ Red Bell Pepper - 2-3
- ☐ Cucumber - 1 (salads)
- ☐ Tomatoes - 2-3 (salads)
- ☐ Carrots, grated - 1/4 cup
- ☐ Bananas - 2
- ☐ Berries (and/or other fruit for snacks and breakfast)
- ☐ Green Onions - 1-2
- ☐ Broccoli Florets - 4 cups
- ☐ Green Beans - 1/2 lb
- ☐ Kale (optional for smoothies)
- ☐ Lemons - 1-2
- ☐ Cilantro - 1 bunch
- ☐ Sugar Snap Pea Pods - 4-6 oz.
- ☐ Corn on the Cob - 1 (or frozen)
- ☐ Celery - 1 stalk

DRY GOODS

- ☐ Brown Rice, 1.5 cup (dry amount)
- ☐ Almonds, 1/2 cup
- ☐ Pecans, 1/2 cup
- ☐ Walnuts, 1/2 cup
- ☐ Sunflower Seeds - 1/2 cup
- ☐ Pepitas, 1/3 cup
- ☐ Sesame seeds, 1/3 cup
- ☐ Ground Flax
- ☐ Almond Flour - 1 cup
- ☐ Baking Powder
- ☐ Corn Tortillas, 6 inch, 4 ea.

DAIRY & EGGS

- ☐ Eggs - 14 + any for snacks
- ☐ Greek or Regular Yogurt (full fat, plain) - 1 cup
- ☐ Almond Milk, Unsweetened - ~4 cups
- ☐ Butter, Unsalted

SPICES AND STAPLES

- ☐ Extra Virgin Olive Oil
- ☐ Balsamic Vinegar
- ☐ Salt and Pepper
- ☐ Italian Seasoning
- ☐ Sesame oil
- ☐ Bragg Liquid Aminos
- ☐ Coconut Oil
- ☐ Chili Powder
- ☐ Ground Cumin
- ☐ Onion Powder
- ☐ Garlic Powder
- ☐ Oregano
- ☐ Paprika
- ☐ Dried Mustard
- ☐ Cinnamon
- ☐ Pure Vanilla Extract
- ☐ Cayenne Pepper
- ☐ Ground Coriander
- ☐ Ground Ginger
- ☐ Crushed Red Pepper
- ☐ Dried Chives
- ☐ Dried Dill
- ☐ Dried Parsley
- ☐ _____
- ☐ _____

*no sugar listed in ingredients