

WEEK 1 SHOPPING LIST

MEAT

- ☐ Sirloin Steak (grass-fed) - 8 oz
- ☐ Chicken Breast (pasture-raised) - 16 oz
- ☐ Salmon Fillet (wild) - 6 oz
- ☐ Skirt or Flank Steak (grass-fed) - 1 lb
- ☐ Ground Beef (grass-fed) - 1 lb
- ☐ Pork Chop (pasture-raised) - 4-6 oz

CANNED

- ☐ Chicken Broth - 1 cup
- ☐ Coconut Milk - 1 cup
- ☐ Black Beans - 1 can, 15 oz

OTHER

- ☐ Honey
- ☐ Bottled Minced Garlic
- ☐ Salsa (optional, for taco rice bowls and eggs)
- ☐ Hot Sauce (optional, for eggs)
- ☐ Almond Butter - 2 Tbsp

ADDITIONAL ITEMS

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

PRODUCE

- ☐ Mixed Salad Greens - 9 cups total
- ☐ Avocado, Haas - 4 total
- ☐ Brussels Sprouts - 1 cup
- ☐ Onion - 2
- ☐ Spinach - 1 cup
- ☐ Red Bell Pepper - 3
- ☐ Cucumber - 1
- ☐ Tomatoes - 3
- ☐ Carrots - 2 lbs
- ☐ Mushrooms, sliced - 1 pint (allows extra for salads)
- ☐ Parsley, fresh - small bunch (optional)
- ☐ Green Onions - 2
- ☐ Broccoli Florets - 2 cups
- ☐ Green Beans - 1/2 lb
- ☐ Kale - 3 cups
- ☐ Lemons - 2 (for lemon juice)
- ☐ Cilantro - 1 bunch
- ☐ Sweet Potato - 1 small
- ☐ Asparagus - 1 bunch

FROZEN

- ☐ Frozen Berries (or fresh) - 4 cups
- ☐ Frozen Peas - 1/2 cup
- ☐ Frozen corn - 1 cup
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRY GOODS

- ☐ Brown Rice, 2 cups (dry amount)
- ☐ Rolled Oats (gluten free) - 2 cups
- ☐ Flax Meal or Chia Seeds - 3 Tbsp
- ☐ Sesame Seeds - 2 tsp

DAIRY & EGGS

- ☐ Eggs - 8 + any for snacks
- ☐ Greek or Regular Yogurt (full fat, plain) - 1 cup
- ☐ Almond Milk, unsweetened - 3 1/4 cups
- ☐ Butter (grass-fed if possible)

SPICES AND STAPLES

- ☐ Extra Virgin Olive Oil
- ☐ Balsamic Vinegar
- ☐ Salt
- ☐ Pepper
- ☐ Italian Seasoning
- ☐ Sesame Oil
- ☐ Bragg Liquid Aminos
- ☐ Coconut Oil
- ☐ Chili Powder
- ☐ Cumin
- ☐ Onion Powder
- ☐ Garlic Powder
- ☐ Oregano
- ☐ Paprika
- ☐ Curry Powder
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____