

..... • shopping list •

This list is assuming you have NOTHING in your kitchen.

Do a quick edit of what you already have and go ahead and check those boxes off!

WEEK TWO

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PRODUCE

- 15 cups fresh mixed berries
- 1 cup blueberries
- 1 large radicchio (or romaine/Bibb/butter lettuce) leaves
- sliced carrots
- carrot sticks
- hummus
- 2 sweet potatoes
- onion
- 4 celery stalks
- 9 garlic cloves
- chopped fresh ginger
- 6 medium tomatoes
- butter or Bibb lettuce leaves
- 3 medium red onions
- sun dried tomato
- 1 large spaghetti squash
- 1 green bell pepper
- 1 red bell pepper
- fresh basil
- 1 white mushroom
- 1 cup kale
- 5 cups cherry tomatoes
- 5 cups jicama
- 2 avocados
- 5 cups fresh mango
- 4 small jalapeños
- ground coriander
- fresh cilantro
- 1 lemon
- parsley
- 6 cups mixed veggies
- 6 ripe bananas
- cubed mango
- pineapple chunks

- lime 1
- 2 cucumber
- 3 medium green onions
- 8 medium radishes
- 1 medium beet
- 2 cups fresh arugula

MEAT

- chicken breast, 2.5 lbs.
- rotisserie chicken
- 93% lean ground Turkey, 2.5 lbs.
- beef flank steak, 4 oz.
- 95% lean ground sirloin, 2 lbs.

FROZEN

- 2 cups shelled edamame
- 2 oz. frozen spinach

STAPLES + SPICES

- ground cinnamon
- Mexican oregano leaves
- dried oregano leaves
- crushed red pepper flakes
- ground ancho chili powder
- sea salt
- ground black pepper
- olive oil
- ground smoked paprika
- ground cumin
- dried dill weed
- baking powder
- baking soda
- raw honey
- extra virgin organic coconut oil

OTHER

- chopped raw pecans
- mango lime dressing
- black beans
- artichoke hearts
- 5 5oz. cans k light tuna
- black olives, chopped
- all-natural mayonnaise
- all-natural peanut butter
- 6 cups low sodium organic chicken broth
- Worcestershire sauce
- tomato paste
- 1 15 oz. can no sugar added or low sodium tomato sauce
- maple syrup
- 1 tbsp. Balsamic Vinaigrette
- almond extract
- unsweetened black coffee
- whole grain bread crumbs
- vanilla extract
- almond flour
- whole wheat flour
- maple bbq sauce
- rice vinegar
- sesame seeds
- 5 cups dry steel cut oats
- 6-inch corn tortillas
- 6.5 in. whole wheat pizza crust

DAIRY

- 1 cup almond milk
- 2.5 cups 2% plain Greek yogurt
- 1/2 cup grated parmesan cheese
- shredded cheddar cheese
- 1 dozen eggs
- shredded mozzarella cheese
- feta cheese