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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 THREE

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PRODUCE

- 6 cups mixed berries
- 2 banana
- 1 cup fresh kale
- 1 tomato
- 1 cucumber
- 1 cup of favorite fruit
- cilantro
- 3 medium jalapeños
- jicama
- 1 radish
- 5 red onion
- 6 cup cherry tomatoes
- 5 kumquats
- 6 parsley sprigs
- 8 cups romaine lettuce
- cremini mushrooms
- 4 red bell pepper
- 1 yellow bell pepper
- 2 green bell pepper
- 3 zucchini
- 1 yellow zucchini
- 5 garlic cloves
- fresh basil
- hummus
- 5 cups of veggies for hummus
- red cabbage
- green cabbage
- 1 medium spaghetti squash
- 1 cup sliced mushrooms
- 3 lime
- 2 mangos
- guacamole
- pico de gallo
- 6 fresh rosemary sprigs
- 4 Yukon gold potatoes

- fresh tomato salsa
- 1 medium size shallot
- 1 lemon
- 2 celery stalks
- 1 medium granny smith apple
- 1 small avocado
- 2 ears fresh corn
- 1 cup grape tomatoes

MEAT

- 14 oz. chicken breast
- 1 lb. 85% lean ground turkey
- low sodium turkey bacon
- 6 oz. raw chicken leg quarters
- 4 4-6 oz. salmon fillets
- 12 oz. roasted turkey breast

FROZEN

- frozen strawberries
- 1 cup frozen mixed berries
- 1 cup frozen blueberries
- 1 cup frozen raspberries

STAPLES + SPICES

- extra virgin olive oil
- dried oregano
- dried basil
- paprika
- garlic powder
- cumin
- brown sugar
- cayenne
- cinnamon
- vanilla extract
- baking powder
- chili powder

OTHER

- lime juice
- 2 cups Canned black beans
- roasted red bell pepper
- 1 whole wheat English mu n
- 8-inch whole wheat flour tortilla
- dry steel cut oats gluten free
- all-natural peanut butter
- raw sunflower seeds
- low sodium organic chicken broth
- ground flax seed *only if doing vegan version of banana oat pancakes
- all-natural almond butter
- olive oil mayonnaise
- raw honey
- chopped walnuts
- red grapes
- 1 cup black beans
- 1/2 cup sweet corn (frozen or fresh)
- Boston or Bibb lettuce leaves
- basil pesto sauce
- champagne vinegar
- canola spray oil
- red wine vinegar

DAIRY

- almond milk
- shredded cheddar cheese
- 8 large eggs
- low fat milk
- 1 cup light coconut milk
- 1 slice part-skim mozzarella cheese (1/2 oz.)
- 2 cups 2% Greek yogurt

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