

..... • 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 FOUR

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PRODUCE

- 3 tomatoes
- Parsley
- 2 limes
- 100% orange juice
- 1 orange
- 8 garlic cloves
- Fresh sliced ginger
- 4 lemons
- 3 C carrots
- 3 red bell peppers
- 5 green bell peppers
- 12 C baby spinach
- 3 yellow bell peppers
- 4 C red cabbage
- 2 cucumbers
- 16 C assorted salad greens (ex. mixed spring lettuce)
- 5 C of fruit in season for you
- 2 red onions
- 4 C sliced mushrooms
- 5 C raspberries
- Hummus
- 4 C of any favorite veggies to dip in hummus
- 1/3 C shredded lettuce or baby spinach
- 3 medium carrots
- 2 green onions
- 1.5 C cherry tomatoes
- 3 sprigs of rosemary
- Fresh basil
- 5 medium strawberries
- 3 bananas
- 5 sweet potatoes
- 1 apple

- 1 head green leaf lettuce
- Cilantro
- 1 C fresh shelled edamame
- 2 onions
- 1 jalapeños
- 1 C shredded cabbage

MEAT

- 7 lb. boneless skinless chicken breast
- 1 lb. white fish

FROZEN

- 1 C frozen mixed berries
- 1 C frozen peaches

STAPLES + SPICES

- Sea salt
- Black pepper
- Extra virgin Olive oil
- Ground cinnamon
- Ground cumin
- Almond extract
- Vanilla extract
- Baking powder gluten free
- Ground white pepper
- Extra virgin organic olive oil
- Crushed red pepper
- Curry powder

DAIRY

- 18 eggs
- .5-ounce goat cheese
- 6.5 C unsweetened almond milk
- 1 oz. Swiss cheese
- 4.5 C reduced fat 2% plain yogurt
- Feta

- Raw pecan pieces
- 1 C unsweetened rice milk
- 3/4 C reduced fat cottage cheese

OTHER

- White balsamic vinegar
- 4 C chickpeas
- Raw sunflower seeds
- 3.5 C quinoa
- Roasted cashews
- Raw honey
- 1 C chia seeds
- 1 C coffee
- Whole wheat pita bread
- Whole grain ciabatta rolls
- 4 (6 inch) whole wheat tortillas
- Dijon mustard
- Raw almonds
- Stone ground mustard
- All natural taco seasoning no salt added
- Low sodium organic chicken broth
- All-natural peanut butter
- Reduced sodium soy sauce
- 4 oz. soba noodles
- 2 tbsp. raw peanuts
- 2 C old fashioned rolled oats, gluten free
- 1/2 C unsweetened applesauce
- Instant oatmeal
- Whole wheat flour
- 6 tbsp. capers
- 1 (14 oz. can) quartered artichoke hearts
- 2.5 C canned light coconut milk
- 2 C dry whole grain couscous
- 1/2 C raisins
- All-purpose flour