

# ..... • 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 ONE

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### PRODUCE

- 3 C broccoli
- 6 green bell peppers
- 3 packages of spinach
- cilantro
- pico de gallo
- fresh dill
- 2 bags of baby carrots
- 2 red bell peppers
- 4 spaghetti squash
- 12 garlic cloves
- Fresh basil
- 1 container raspberries
- 1 container blueberries
- 5 bananas
- 2 cherry tomatoes
- 3 cucumbers
- 1 container hummus
- 4 jalapenos
- 6 medium tomatoes
- 1 head of bibb lettuce
- 1 medium beet
- 4 medium green onion
- 1 medium onion
- Fresh ginger
- 6 cups romaine lettuce
- 4 medium red onion
- 1 avocado
- 3 lemons
- 1 c watercress
- 1 cauliflower
- 1 medium carrot
- 1 C kale
- 2 limes
- 3/4 cup fresh bean sprout

### MEAT

- 4 lbs 93% lean ground turkey
- 6 oz ground beef
- 2 lbs raw 95% lean ground sirloin

### FROZEN

- 3 C strawberries
- 3 C blueberries
- 2 oz spinach

### STAPLES + SPICES

- Sea salt
- Black ground pepper
- Dried oregano
- Crushed red pepper
- Cinnamon
- Garlic powder
- 1 package low sodium taco seasoning
- Olive oil
- Peanut oil
- Cornstarch
- Pure vanilla extract
- Baking powder
- Baking soda

### DAIRY

- 2 cartons unsweetened almond milk
- 4 1/2 dozen eggs
- 35 oz greek yogurt
- Shredded parmesan
- Shredded cheddar
- Crumbled feta

### OTHER

- Nut butter
- Coconut water
- 2 C Quinoa
- 2 C tomato sauce
- Balsamic dressing
- Worcestershire sauce
- Low sodium sprouted whole grain bread
- Tamarind paste (or rice wine vinegar)
- 2 TBSP fish sauce
- 12 oz. extra firm tofu
- Chopped peanuts
- Unsweetened cranberry juice
- Healthy ranch dressing (organic with few ingredients)
- 1/2 C dried unsweetened pineapple
- 2 C macadamia nuts
- Raw honey
- 2 C old fashioned rolled oats
- 2 C black beans
- 1 C corn kernels
- 1/2 C raw pecans
- Sesame seeds
- 1/4 C raw pumpkin seeds
- 1/4 C ground flax
- 1/4 C unsweetened dried cranberries
- 1/4 C sunflower seed butter
- Dried dill weed
- Sun dried tomatoes
- 1/2 C whole grain bread crumbs