

## SHOPPING LIST

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1. 12 oz full fat Greek yogurt
2. 6 5-oz boneless, skinless chicken breasts
3. 4 avocados
4. 1 pint blueberries
5. 10 lemons
6. 6 peaches
7. 11 oz fresh baby spinach
8. 2 large English cucumbers
9. 1 head celery
10. 1 large head garlic
11. 1 small yellow onion
12. 7 ears corn
13. 5 vine tomatoes
14. 1 carton old-fashioned rolled oats
15. 1 bag quinoa
16. 1 box seed crackers  
(**TRY:** Mary's Gone Crackers)
17. 1 bag nutritional yeast
18. 1<sup>3</sup>/<sub>4</sub> lb whole raw almonds
19. 1 bag chia seeds
20. 1 15-oz can chickpeas

### PANTRY STAPLES

- 1 bottle pure maple syrup
- 1 jar extra-virgin coconut oil
- 1 bottle extra-virgin olive oil (**TRY:** California Olive Ranch Destination Series Everyday Extra Virgin Olive Oil)
- 1 bottle ground allspice
- 1 bottle cayenne pepper
- 1 bottle ground cumin
- 1 bottle sea salt
- 1 bottle black pepper
- 1 bottle dried rosemary