

SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 14 oz feta cheese
- 3 oz Parmesan cheese
- 1 dozen eggs
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 1 qt whole buttermilk
- 3 16-oz containers plain Greek yogurt (**TRY:** Voskos Original Plain Greek Yogurt)
- 30 oz boneless, skinless chicken breasts
- 4 bone-in skinless chicken thighs (1½ lb)
- 1 5-oz wild salmon fillet
- 1 4-oz boneless pork chop
- 1 all-natural veggie burger (**TRY:** Amy's California Veggie Burger)

VEGGIES & FRUITS

- 2 bananas
- 1 pint blueberries
- 1 cantaloupe
- 4 peaches
- 2 half-pints raspberries
- 1 qt strawberries
- 12 oz asparagus
- 3 heads Boston lettuce
- 1 bunch celery
- 13 oz carrots
- 1 avocado
- 1 bunch fresh cilantro
- 1 bunch fresh oregano
- 1 small bunch fresh mint
- 2 red onions
- 2 heads garlic
- 3 lemons
- 1 sweet potato
- 1¼ lb baby red, white or yellow potatoes (about 12)
- 3 vine tomatoes

WHOLE GRAINS

- 1 box gluten-free whole-grain cereal
- 1 loaf gluten-free whole-grain bread

- 1 box brown rice crackers (**TRY:** Mary's Gone Crackers Original)
- 1 bag buckwheat groats
- 1 bag buckwheat flour
- 1 box gluten-free whole-grain rotini pasta

NUTS, SEEDS & OILS

- 1 jar natural unsalted nut butter
- 2 oz sliced unsalted almonds
- 4 oz unsalted hazelnuts
- 1 bottle olive oil cooking spray
- 1 bottle olive oil
- 1 bottle extra-virgin olive oil

EXTRAS

- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna)
- 1 15-oz BPA-free can unsalted chickpeas
- 1 bag hazelnut meal or flour (**TRY:** Bob's Red Mill Hazelnut Flour/M Meal)
- 1 bag coconut flour
- 1 container unsweetened dried apricots
- 1 bottle garlic powder
- 1 bottle paprika
- 1 bottle red pepper flakes
- 1 bottle dried oregano
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 box baking soda
- 1 bag organic Sucanat
- 1 bottle pure vanilla extract
- 1 jar marinara sauce
- 1 8-oz container hummus
- 1 jar Dijon mustard
- 1 bottle balsamic vinegar
- 1 2-lb bag frozen broccoli
- 2 8-oz bags frozen artichoke hearts
- 1 10-oz bag frozen green peas
- 1 10-oz bag frozen whole green beans (**TRY:** Earthbound Farm Whole Organic Green Beans)
- 1 container vanilla protein powder

SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- 1 4-oz log goat cheese
- 1¼ qt milk (dairy or unsweetened rice, almond or soy milk)
- 1 6-oz container plain Greek yogurt
- 1 pint cottage cheese
- 1 8-oz stick organic unsalted butter
- ½ dozen eggs
- 1 5-oz boneless, skinless chicken breast
- 4 6-oz boneless mahi mahi fillets
- 1 lb sea scallops
- 2 pork tenderloins (1½ lb each)
- 1 all-natural veggie burger (**TRY:** Amy's California Veggie Burger)

VEGGIES & FRUITS

- 1 avocado
- 1 banana
- 2 lemons
- 3 peaches
- 1 qt strawberries
- 3 large navel oranges
- 2 large red beets
- 1 head cauliflower (2¼ to 2½ lb)
- 1 watermelon
- 1 small cucumber
- 1 jalapeño chile pepper
- 1 red bell pepper

- 1 red onion
- 1 bunch scallions
- 2 large shallots
- 1 bunch flat-leaf parsley
- 1 lb fresh baby spinach
- 2 heads frisée
- 1 pint grape tomatoes
- 3 vine tomatoes

WHOLE GRAINS

- 1 bag whole-grain cornmeal

NUTS, SEEDS & OILS

- 1½ oz unsalted shelled pistachios
- 1 oz unsalted pine nuts

EXTRAS

- 1 6-oz can wild salmon
- 1 15-oz BPA-free can unsalted black beans
- 1 qt low-sodium chicken or vegetable broth
- 5 oz beluga (black) lentils
- 1 jar capers
- 1 bottle red wine vinegar
- 1 jar raw honey
- 1 jar assorted olives
- 1 8-oz container hummus
- 1 bottle reduced-sodium soy sauce
- 1 bag frozen corn
- 1½ oz unsweetened raisins
- 1 bag frozen raspberries