

SHOPPING LIST: WEEK 1

PROTEINS

- 2 dozen eggs
- 1 3-oz BPA-free pouch wild tuna
- 2 lb ground chicken or turkey
- 2 5-oz boneless cod fillets
- 1½ lb boneless beef sirloin (freeze 8 oz for Week 2)
- 4 5-oz boneless, skinless chicken breasts (freeze 1 for Week 2)

VEGGIES & FRUITS

- 1 large bunch kale
- 3 sweet potatoes
- 1 2-lb head cauliflower
- 6 oz arugula
- 4 oz baby spinach
- 1 yellow onion
- 1 sweet onion
- 1 pint grape tomatoes
- 2 avocados
- 2½ lb carrots
- 1 head garlic
- 1 1-inch piece fresh ginger
- 8 oranges
- 2 bananas
- 6 red, yellow or orange bell peppers
- 5 apples
- 1 jalapeño or serrano chile pepper
- 1 bunch fresh cilantro
- 1 lime
- 4 lemons
- 1 8-oz package shiitake mushrooms
- 20 oz frozen pitted unsweetened cherries
- 1 lb frozen asparagus
- 10-oz frozen butternut squash cubes (**TRY:** Earthbound Farm Organic Butternut Squash)

NUTS, SEEDS & OILS

- 12 oz raw unsalted almonds
- 6½ oz raw unsalted walnuts
- 1 oz raw unsalted pecans
- 1 bag ground flaxseed/flaxseed meal
- 1 jar coconut oil
- 1 bottle extra-virgin olive oil

EXTRAS

- 1 bottle apple cider vinegar
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle ground cinnamon
- 1 bottle red pepper flakes
- 1 bottle cumin seeds
- 1 bottle smoked paprika
- 1 bottle granulated garlic
- 1 bottle dried oregano
- 1 bottle ground cayenne pepper
- 1 bottle ground saffron
- 1 14.5-oz can unsalted fire-roasted diced tomatoes
- 1 bottle pure almond extract
- ¼ oz arrowroot starch
- 3 13.5-oz BPA-free cans coconut milk
- 1 bottle pure maple syrup
- 3 Paleo-friendly bars (**TRY:** Simple Squares)
- 1 container baba ghanoush (**NOTE:** Look for varieties without additives or preservatives.)
- 1 package or jar sauerkraut (**TRY:** Farmhouse Culture Garlic Dill Pickle Kraut)
- 1 container unsweetened cocoa powder
- 1¼ qt unsweetened plain almond milk

SHOPPING LIST: WEEK 2

PROTEINS

- 8 skinless, boneless chicken thighs
- 1 6-oz BPA-free can wild salmon
- 1 4-oz BPA-free can wild sardines

VEGGIES & FRUITS

- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh cilantro
- 1 bunch fresh mint
- 1 large bunch kale
- 1 head romaine lettuce
- 1 head broccoli
- 1½ lb baby spinach
- 1 head garlic
- 3 yellow onions
- 4 oranges
- 2 apples
- 4 bananas
- 2 red, yellow or orange bell peppers
- 1 jalapeño or serrano chile pepper
- 2 avocados
- 1 lemon
- 4 limes
- 1 1-inch piece fresh ginger
- 1 3-lb kabocha squash (or 3 lb acorn squash)
- 2 sweet potatoes
- 1 bag frozen pineapple chunks

NUTS, SEEDS & OILS

- 1 jar tahini
- 1 bag chia seeds

EXTRAS

- 1 14-oz can unsalted fire-roasted diced tomatoes
- 1 bottle bay leaves
- 1 carton low-sodium chicken or vegetable broth
- 1 jar red curry paste

EVOO = extra-virgin olive oil ACV = apple cider vinegar