

## SHOPPING LIST: WEEK 1

### PROTEINS & DAIRY

- 1 16-oz container cottage cheese
- 6½ oz cheddar cheese
- 4 oz goat cheese
- 4½ oz mozzarella cheese
- ⅓ oz blue cheese
- ½ dozen large eggs
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 1 35.3-oz plus 1 7-oz container plain Greek yogurt (**TRY:** FAGE Total Classic)
- 1 4-oz container plain yogurt
- 19 oz boneless, skinless chicken breasts (**freeze 4 oz for Week 2**)
- 12 oz lean ground turkey
- 4 6-oz boneless, skinless cod fillets
- 10½ oz all-natural reduced-sodium deli-sliced ham, no added nitrates or nitrites (**freeze 4½ oz for Week 2**)
- 1 4-oz boneless pork loin chop
- 2 cups (about 10 oz) vacuum-packed cooked shelled and chilled lobster meat ([or see page 53 for more ways to purchase lobster](#))
- 3 all-natural veggie burger patties (**TRY:** Amy's California Veggie Burger) (**freeze 1 for Week 2**)

### VEGGIES & FRUITS

- 1 avocado
- 1 banana
- 1 pint blueberries
- 1 pint strawberries
- 1 large cantaloupe
- 7 limes
- 1 lemon
- 1 bunch celery
- 4 peaches
- 3 small plums
- 3 mangos
- 1 bunch fresh basil
- 1 bunch fresh dill
- 1 bunch fresh cilantro
- 1 bunch fresh chives
- 1 bunch fresh flat-leaf parsley
- 13 oz baby spinach
- 12 oz carrots
- 1 garden cucumber
- 1 head garlic
- 1 large red onion
- 1 yellow onion
- 5 oz sugar snap peas
- 2 red bell peppers

- 1 jalapeño chile pepper

- 1 sweet potato
- 7 plum tomatoes
- 2 cups multicolored baby tomatoes
- 8 zucchini

### WHOLE GRAINS

- 1 box whole-grain cereal (**TRY:** Kashi Organic Promise Cinnamon Harvest)
- 1 5-count pkg whole-grain sandwich flats (**freeze 2 for Week 2**)
- 1 6-count pkg whole-grain English muffins (**freeze 3 for Week 2**)
- 1 12-count pkg 6-inch corn tortillas (**freeze 2 for Week 2**)
- 1 pkg whole-grain crispbreads
- 1 pkg whole-grain bread
- 1 bag brown rice cakes (**TRY:** Lundberg Family Farms Organic Brown Rice Cakes, Salt Free)
- 1 large bag farro (**TIP:** Substitute with a whole grain of your choice, such as quinoa or brown rice.)

### NUTS, SEEDS & OILS

- 4 oz raw unsalted almonds
- 2½ oz unsalted pepitas (aka pumpkin seeds)
- 1 jar natural unsalted almond or peanut butter
- 1 bottle safflower oil
- 1 bottle olive oil
- 1 bottle extra-virgin olive oil

### EXTRAS

- 1 box whole-grain or all-natural fruit bars (**TRY:** Lärabar)
- 1 15-oz BPA-free can unsalted black beans (**TRY:** Eden Organic No Salt Added Black Beans)
- 1 9-oz container baba ghanoush (**TIP:** Substitute with hummus.)
- 1 bag dried unsweetened shredded coconut (**TRY:** Bob's Red Mill Shredded Unsweetened Coconut)
- 1 bottle hot sauce
- 1 bottle ground cayenne pepper
- 1 bottle ground black pepper
- 1 bottle chipotle chile powder
- 1 bottle ground cumin
- 1 bottle dried oregano
- 1 bottle sea salt
- 1 container whey protein powder
- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna)
- 1 bottle balsamic vinegar

## SHOPPING LIST: WEEK 2

### PROTEINS & DAIRY

- 1 16-oz container cottage cheese
- 1 17.6-oz container plain Greek yogurt (**TRY:** FAGE Total Classic)
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- ½ pint buttermilk
- 12 oz organic firm tofu
- 4 oz eye-of-round steak
- 1 lb flank steak
- 1 5-oz boneless, skinless salmon fillet
- 4 oz raw peeled and deveined shrimp
- 2 1-oz slices all-natural turkey bacon, no added nitrates or nitrites

### VEGGIES & FRUITS

- 2 avocados
- 1 lemon
- 6 limes
- 1 honeydew melon
- 5 nectarines
- 9 small plums
- 1 mango
- 1 pint raspberries
- 1 bunch fresh mint
- 1 head romaine lettuce
- 7 cups green leaf lettuce
- 1 head cauliflower
- 1 bunch celery
- 1 American or Italian eggplant
- 9 oz baby kale
- 1 yellow onion

- 1 small red onion
- 2 jalapeño chile peppers
- 7 oz sugar snap peas
- 1 pint grape tomatoes
- 2 large Roma tomatoes
- 1 large vine tomato

### WHOLE GRAINS

- 1 pkg soba (aka buckwheat) noodles
- 1 6-oz bag whole-grain tortilla chips
- 1 pkg oat flour
- 1 pkg fine-ground whole-grain yellow cornmeal

### NUTS, SEEDS & OILS

- 1 bottle sesame oil
- 1 oz unsalted cashews
- Olive oil cooking spray

### EXTRAS

- 1 pkg arrowroot powder
- 1 container baking powder
- 4 15-oz BPA-free cans unsalted black beans
- 1 bottle raw honey
- 1 8-oz container hummus
- 1 bottle reduced-sodium soy sauce or tamari
- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna)