

## SHOPPING LIST: WEEK 1

## PROTEINS &amp; DAIRY

- 10½ oz mozzarella cheese
- 6½ oz feta cheese
- ½ dozen large eggs (hard-boil 3)
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 2 17.6-oz containers plain Greek yogurt (TRY: FAGE Total Classic)
- 5 oz trout fillet
- 5 oz salmon fillet
- 2 lb lean ground chicken
- 1 lb boneless, skinless chicken breast
- 4 oz lean sirloin steak
- 1 all-natural veggie burger (TRY: Amy's California Veggie Burger)

## VEGGIES &amp; FRUITS

- 2 avocados
- 4 bananas (freeze 1 for week 1 and 1½ for week 2)
- 2 pints blueberries
- ½ pint raspberries
- 1 qt strawberries
- ¾ lb grapes
- 3 peaches
- 1 bunch fresh basil
- 1 bunch fresh mint
- 1 bunch celery
- 3 cucumbers
- 1 red bell pepper
- 1 large head garlic
- 2 lemons
- 1 watermelon
- 3 oz baby arugula
- 1 head romaine
- 18 oz mixed greens
- 1 yellow onion
- 1 red onion
- 5 oz snap peas
- 2 sweet potatoes
- 3 pints grape tomatoes
- 1 vine tomato

## WHOLE GRAINS

- 4 whole-wheat hamburger buns
- 1 bag 8-inch whole-grain wraps
- 2 6-inch whole-wheat pitas
- 1 loaf whole-grain bread (at least 18 slices)
- 1 loaf whole-grain crusty bread

- 1 box whole-grain cereal
- 1 bag quinoa
- 1 box crackers (TRY: Mary's Gone Crackers Original Seed Crackers)
- 1 container old-fashioned rolled oats

## NUTS, SEEDS &amp; OILS

- 1 bag ground hazelnut flour
- 1 bag coconut flour (TRY: NOW Foods Organic Coconut Flour)
- 1 jar natural unsalted nut butter
- 1 bottle extra-virgin olive oil (TRY: O-Live & Co. Extra Virgin Olive Oil)
- Neutral-flavored oil (such as safflower or grape seed)
- 1 bottle sesame seeds
- 1 bag whole flaxseeds
- 4½ oz unsalted hazelnuts
- 4½ oz roasted unsalted sunflower seeds
- 1 bottle olive oil cooking spray

## EXTRAS

- 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- 2 15-oz BPA-free cans unsalted chickpeas
- 1 bag dried unsweetened cherries
- 1½ oz 100% cacao unsweetened dark chocolate
- 1 bag sun-dried tomatoes (not oil-packed)
- 5.3-oz pkg pomegranate seeds
- 1 bottle red wine vinegar
- 1 bottle white balsamic vinegar
- 1 bottle ground cumin
- 1 bottle ground coriander
- 1 bottle garlic powder
- 1 bottled dried parsley
- 1 bottle dried oregano
- 1 bottle Za'atar seasoning
- 1 bottle smoked paprika
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 bottle raw honey
- 1 bottle pure vanilla extract
- 1 container vanilla protein powder

## SHOPPING LIST: WEEK 2

## PROTEINS &amp; DAIRY

- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 1 35.3-oz container plain Greek yogurt (TRY: FAGE Total Classic)
- 2 oz crumbled blue cheese
- 4 oz sour cream
- 4 bone-in, skinless chicken thighs (1¾ lb)
- 5 oz cod fillet
- 4 oz boneless pork chop
- 1 all-natural veggie burger (TRY: Amy's California Veggie Burger)

## VEGGIES &amp; FRUITS

- 2 avocados
- 1 large sweet-tart apple (such as Honeycrisp or Pink Lady)
- 1 cantaloupe
- 1 mango
- 2 peaches
- 7 limes
- 2 lemons
- 1 jalapeño chile pepper
- 1 serrano chile pepper
- 1 bunch fresh cilantro
- 1 bunch fresh chives
- 5 large ears or 28 oz frozen corn
- 1 cucumber
- 4 oz carrots
- 9 oz baby kale
- 1 head red cabbage
- 17 oz baby spinach
- 4 portobello mushrooms
- 2 large shallots
- 5 scallions
- 2 green onions
- 3 red bell peppers
- 3 sweet potatoes
- 1 pint blueberries
- 1 qt strawberries
- 1 pint grape tomatoes
- 1 vine tomato

## NUTS, SEEDS &amp; OILS

- 1 bottle olive oil
- 2 oz raw unsalted walnuts

## EXTRAS

- 1 6-oz can wild salmon
- 1 15-oz BPA-free can unsalted adzuki beans
- 1 15-oz BPA-free can unsalted black beans
- 1 bottle Dijon mustard
- 1 bottle dried thyme
- 1 bottle red pepper flakes
- 1 bottle dried minced onion
- 1 8-oz container hummus
- 1 bottle full-bodied red wine (such as Syrah)