

SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 4 oz feta cheese
- 2 oz Parmesan cheese
- 1 dozen eggs
- ½ qt milk (dairy or unsweetened rice, almond or soy milk)
- ½ qt whole buttermilk
- 1 12-oz BPA-free can evaporated milk
- 1 16-oz container cottage cheese
- 1 17.6-oz container plain Greek yogurt (**TRY:** FAGE Total Classic)
- 2 lb top sirloin steak
- 2 5-oz boneless, skinless chicken breasts
- 1 4-oz boneless pork chop
- 1 5-oz boneless, skinless cod fillet
- 2 all-natural veggie burgers (**TRY:** Amy's California Veggie Burger)

VEGGIES & FRUITS

- 4 apples
- 2 bananas
- 2 grapefruits
- 1 kiwi
- 2 oranges
- 2 pears
- 2 bunches fresh thyme
- 1 bunch fresh mint
- 1 large bunch kale
- 1 celery root (about 1½ lb)
- 15 oz spring mix salad
- 1 lb asparagus
- 1 large head broccoli
- 5½ oz carrots
- 12 oz assorted fresh mushrooms (cremini, shiitake, oyster, baby bella)
- 2 heads garlic
- 1 leek
- 3 lemons
- 1 small red onion
- 2 sweet potatoes
- 2 yellow potatoes
- 2 tomatoes
- 1 yellow onion

WHOLE GRAINS

- 1 loaf whole-wheat bread

- 1 box whole-grain cereal
- 1 bag barley flour
- 1 bag whole-wheat pastry flour
- 1 box whole-grain penne pasta

NUTS, SEEDS & OILS

- 1 jar natural, unsalted nut butter
- 5 oz raw unsalted walnut halves
- 1 bottle extra-virgin olive oil (**TRY:** Whole Foods Market Extra Virgin Olive Oil of Portugal)
- 1 bottle olive oil
- 1 bottle safflower oil

EXTRAS

- 1 bottle ground cinnamon
- 1 bottle ground nutmeg
- 1 bottle garlic powder
- 1 bottle dried rosemary
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 bottle ground cumin
- 1 bottle ground coriander
- 1 bottle smoked paprika
- 1 bottle ground cayenne pepper
- 1 container baking powder
- 1 box baking soda
- 1 bag Sucanat (**TRY:** Wholesome Sweeteners Organic Sucanat)
- 1 bottle pure vanilla extract
- 1 jar marinara sauce
- 1 jar unsalted diced tomatoes
- 1 15-oz BPA-free can unsalted chickpeas
- 1 8-oz container hummus
- 1 jar Dijon mustard
- 1 jar Kalamata olives
- 1 bottle reduced-sodium soy sauce
- 1 bottle balsamic vinegar
- 1 bag red lentils
- 1 bag frozen edamame pods
- 1 bag frozen Swiss chard (**TRY:** Earthbound Farms Organic Rainbow Swiss Chard)
- 1 bag frozen peaches
- 1 bag frozen raspberries
- 1 bag frozen strawberries
- 1 container vanilla protein powder
- 1 container muffin liners

SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- 3 oz goat cheese
- 1 oz blue cheese
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 1 8-oz stick organic unsalted butter
- 1 16-oz container cottage cheese
- 1 17.6-oz container plain Greek yogurt
- 1 4-oz container plain yogurt
- 4 5-oz boneless, skinless chicken breasts
- 1 4-oz boneless pork chop
- 4 6-oz boneless, skinless cod fillets
- 1 4-oz boneless, skinless salmon fillet
- 4 4-oz beef tenderloin steaks

VEGGIES & FRUITS

- 5 apples
- 2 avocados
- 3 bananas
- 2 grapefruits
- 1 orange
- 1 lemon
- 1 bunch kale
- 21 oz fresh baby spinach
- 17 oz carrots
- 9 oz tri-color carrots
- 1 large bunch fresh flat-leaf parsley
- 1 lb fresh cremini mushrooms
- 2 yellow onions

- 2 lb sweet potatoes
- 2 yellow potatoes
- 2 tomatoes
- 1 small bunch scallions
- 1 shallot

WHOLE GRAINS

- 1 bag oat flour
- 1 bag quinoa

NUTS, SEEDS & OILS

- 1 bottle virgin coconut oil
- 1 bottle olive oil cooking spray

EXTRAS

- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna)
- 1 6-oz BPA-free can or pouch wild salmon
- 1 15-oz BPA-free can unsalted chickpeas
- 1 bag frozen raspberries
- 1 jar horseradish
- 3 tbsp arrowroot powder
- 1 oz dry-packed sun-dried tomatoes (not packed in oil or water)
- 1 bottle dried minced onion
- 1 bottle Old Bay 30% Less Sodium Seasoning
- 1 bottle red pepper flakes
- 1 bottle dried dill
- 1 8-oz container hummus