

SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 10 oz feta cheese
- 9½ oz reduced-fat cheddar cheese
- 1 qt reduced-fat (1% or 2%) milk or unsweetened rice, almond or soy milk
- 1 17.6-oz plus 1 7-oz container reduced-fat (1% or 2%) plain Greek yogurt (TRY: FAGE Total 2%)
- 1 16-oz container reduced-fat (1% or 2%) cottage cheese
- ½ dozen eggs
- 12 oz reduced-sodium deli-fresh sliced turkey breast (freeze 6 oz for Week 2)
- 10 oz boneless, skinless chicken breast tenders
- 1 lb chicken breast cutlets
- 15 oz boneless, skinless chicken breasts (freeze 5 oz for Week 2)
- 1 5-oz boneless, skinless salmon fillet
- 2 5-oz boneless, skinless cod fillets (freeze 1 for Week 2)
- 2 4-oz bone-in pork chops (freeze 1 for Week 2)
- 16 oz extra-lean ground pork
- 16 oz extra-lean ground beef

VEGGIES & FRUITS

- 2 avocados
- 1 banana
- 1 large cantaloupe
- 24 oz grapes
- 2 lemons
- 1 lime
- 4 peaches
- 1 pint raspberries
- 2 pints strawberries (NOTE: Freeze 10 whole strawberries.)
- 2 bunches fresh cilantro
- 1 9-oz bag mixed greens
- 1 large bunch kale
- 26 oz carrots
- 3 cucumbers
- 1 large head garlic
- 2 yellow onions
- 3 red onions
- 4 jalapeño chile peppers
- 3 sweet potatoes
- 4 vine tomatoes
- 1 red bell pepper
- 1 eggplant
- 1 yellow summer squash
- 2 shallots
- 10 plum tomatoes
- 1 jicama
- 1 bunch fresh thyme
- 1 bunch fresh basil
- 1 bunch fresh flat-leaf parsley
- 1 large zucchini

WHOLE GRAINS

- 1 box whole-grain cereal (TRY: Ezekiel 4:9 Cinnamon Raisin Whole Grain Cereal)
- 1 box whole-grain crackers (TRY: Jovan's Taste of Tuscany Whole Food Artisan Crackers)
- 1 small bag oat flour
- 1 5-count bag whole-grain English muffins (freeze 4 for Week 2)
- 1 8-count bag whole-grain sandwich flats (freeze 2 for Week 2)
- 1 large pkg quinoa
- 1 bag brown rice cakes (TRY: Lundberg Family Farms Organic Brown Rice Cakes, Salt Free)
- 1 6-oz bag bean chips or whole-grain tortilla chips (TRY: Beanitos Original Black Bean Chips with Sea Salt)
- 1 9-count pkg 6- to 7-inch whole-grain tortillas
- 1 pkg whole-wheat panko bread crumbs
- 4 small whole-grain pitas or flatbreads

NUTS, SEEDS & OILS

- 1½ oz ground flaxseeds
- ¼ oz sesame seeds
- 5 oz raw unsalted walnuts
- 1 jar natural unsalted almond or peanut butter
- 1 bottle olive oil
- 1 bottle extra-virgin olive oil
- 1 bottle safflower oil
- Olive oil cooking spray

EXTRAS

- 1 box whole-grain or all-natural fruit bars (TRY: Lärabar)
- 1 15-oz BPA-free can unsalted black beans
- 1 15-oz BPA-free can unsalted pinto beans
- 1 can chipotle chiles in adobo sauce
- 1 large container hummus
- 1 bottle ground cumin
- 1 bottle garlic powder
- 1 bottle dried oregano
- 1 bottle smoked paprika
- 1 bottle dried fennel seeds
- 1 bottle ground black pepper
- 1 bottle coarse or regular sea salt
- 1 container whey protein powder
- 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- 1 jar raw honey
- 1 bottle Dijon mustard
- 1 bottle red wine vinegar
- 1 bottle balsamic vinegar
- 1 bottle apple cider vinegar
- 1 bottle red pepper flakes

SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- 1 6-oz log reduced-fat goat cheese
- 1 qt reduced-fat (1% or 2%) milk or unsweetened rice, almond or soy milk
- 1 17.6-oz plus 1 7-oz container reduced-fat (1% or 2%) plain Greek yogurt (TRY: FAGE Total 2%)
- 1 6-count pkg all-natural mild or spicy Italian chicken or turkey sausages (3- to 4-oz each)
- 1 all-natural veggie burger patty (TRY: Amy's California Veggie Burger)

VEGGIES & FRUITS

- 1 avocado
- 2 bananas
- 1 pint blackberries
- 2 lemons
- 4 nectarines
- 1 pint fresh strawberries (NOTE: Freeze 5 whole strawberries.)
- 1 small watermelon
- 1 large bunch fresh basil
- 1 bunch fresh mint
- 2 12-oz bags mixed greens
- 1 large bunch kale
- 1 6-oz bag spinach
- 4 oz green beans
- 4 small golden beets
- 8 oz sunchoke (aka Jerusalem artichokes)

- 1 cucumber
- 9 oz cremini mushrooms
- 3 portobello mushrooms
- 2 small yellow onions
- 1 red onion
- 2 red bell peppers
- 1 green bell pepper
- 1 sweet potato
- 1 vine tomato
- 3 sprigs fresh sage
- 1 lb baby red skin potatoes
- 2 Gala apples
- 8 dried figs
- 1 small head garlic

WHOLE GRAINS

- 4 whole-grain sausage rolls or whole-grain hamburger buns
- 1 8-oz pkg whole-grain fettuccine

EXTRAS

- 1 small container hummus
- 1 bottle pure maple syrup
- 1 15-oz BPA-free can unsalted pinto beans
- 1 28-oz jar or box unsalted diced tomatoes
- 1 jar all-natural reduced-sodium salsa
- 1 tube unsalted tomato paste
- 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)