

SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 7 oz goat cheese
- 4 oz fresh mozzarella cheese
- 3 oz feta cheese
- ½ dozen large eggs
- ½ qt milk (dairy or unsweetened rice, almond or soy milk)
- ½ qt whole buttermilk
- 1 17.6-oz container plain Greek yogurt (TRY: FAGE Total Classic)
- 6 oz all-natural deli-fresh roasted turkey breast, no added nitrates or nitrites
- 4 oz boneless pork chop
- 5 5-oz boneless, skinless chicken breasts
- 1¼ lb boneless, skinless chicken tenders
- 5 oz cod
- 4 oz boneless, skinless salmon fillet
- 2 all-natural veggie burgers (TRY: Amy's California Veggie Burger)

VEGGIES & FRUITS

- 4 apples
- 2 bananas (NOTE: Freeze 1.)
- 6 oranges
- 5 kiwi
- 1 avocado
- 1 butternut squash
- 6 oz Brussels sprouts
- 1 bunch seedless red or purple grapes
- 1 bunch fresh basil
- 1 bunch fresh mint
- 1 bunch fresh flat-leaf parsley
- 10 oz baby spinach
- 9 oz mixed greens
- 10½ oz carrots
- 1 bunch celery
- 1 head garlic
- 2 lemons
- 8 Campari tomatoes
- 2 lb grape tomatoes
- 1 sweet potato
- 1 zucchini

WHOLE GRAINS

- 1 pkg whole-grain wraps
- 1 box whole-grain crackers
- 1 box whole-grain cereal
- 1 bag barley flour
- 1 bag oat flour
- 1 bag wild rice
- 1 box whole-wheat fettuccine
- 1 bag Kamut berries
- 1 pkg whole-wheat orzo

NUTS, SEEDS & OILS

- 1 jar natural unsalted nut butter
- 5½ oz raw unsalted cashews
- 2 oz raw unsalted pine nuts
- 4 oz raw unsalted walnuts
- 1 bottle extra-virgin olive oil (TRY: O-Live & Co. Extra-Virgin Olive Oil)
- 1 bottle safflower oil
- 1 bottle olive oil
- 1 can olive oil cooking spray

EXTRAS

- 1 bag dry brown lentils
- 2 14½-oz BPA-free cans unsalted diced tomatoes
- 1 qt low-sodium vegetable broth (TRY: Pacific Foods Organic Low-Sodium Vegetable Broth)
- 1 container unsweetened cocoa powder
- 1 bottle instant espresso powder
- 1 bottle Mediterranean herb blend
- 1 bottle ground cinnamon
- 1 bottle ground nutmeg
- 1 bottle red pepper flakes
- 1 bottle dried rosemary
- 1 bottle dried oregano
- 1 bottle garlic powder
- 1 bottle ground black pepper
- 1 bottle coarse sea salt
- 1 container baking powder
- 1 box baking soda
- 1 bottle raw honey
- 1 bottle Dijon mustard
- 1 bottle red wine vinegar
- 1 small bag Sucanat
- 1 bottle pure vanilla extract
- 1 8-oz container hummus
- 1 bottle balsamic vinegar
- 1 bottle apple cider vinegar
- 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- 2 15-oz jars unsalted artichokes in water or 16-oz bag frozen artichokes
- 1 bag frozen mango chunks (TRY: Earthbound Farm Organic Frozen Mango Chunks)
- 1 bag frozen raspberries
- 1 bag frozen root vegetable medley (TRY: Earthbound Farm Rustic Cut Frozen Root Medley)
- 1 bag frozen broccoli florets
- 1 container vanilla protein powder
- 1 jar pitted Kalamata olives
- 1 container paper muffin liners

SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- 3 oz fresh mozzarella cheese
- 2 oz mozzarella cheese
- 16 oz cottage cheese
- 9 oz ricotta cheese
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 1 17.6-oz plus 1 7-oz container plain Greek yogurt (TRY: FAGE Total Classic)
- 3 lb eye-of-round beef roast
- 2 Italian-style cooked chicken sausages
- 3 5-oz boneless, skinless chicken breasts
- 5 oz cod

VEGGIES & FRUITS

- 4 apples
- 4 bananas (NOTE: Freeze 2.)
- 5 kiwi
- 6 oranges
- 2 lemons
- 1 butternut squash
- 1 bunch fresh mint
- ¼ lb Brussels sprouts
- 1 small bunch fresh flat-leaf parsley

- 1 large head Boston lettuce
- 14 oz fresh spring mix greens
- 3 oz baby arugula leaves
- 1 lb fresh green beans
- 2 shallots
- 1 head garlic
- 2 vine tomatoes

WHOLE GRAINS

- 1 pkg whole-wheat English muffins
- 1 pkg whole-wheat couscous
- 1 pkg whole-grain pitas

EXTRAS

- 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- 1 bag frozen broccoli florets
- 1 8-oz container hummus
- 1 jar tahini paste
- 1½ oz unsweetened dried cherries
- 1 jar unsalted tomato sauce
- 1 15-oz BPA-free can unsalted chickpeas