

## SHOPPING LIST: WEEK 1

### PROTEINS & DAIRY

- 5½ oz feta cheese
- 5 oz blue cheese or Gorgonzola
- 5 oz Brie cheese
- 4 deli-thin slices mozzarella cheese
- 2½ oz Parmesan cheese
- 1 qt milk or unsweetened rice, almond or soy milk
- ¼ qt whole milk
- ½ qt buttermilk
- 1 16-oz container cottage cheese
- 2 dozen large eggs
- 1 8-oz stick organic unsalted butter
- 9 oz reduced-sodium deli-fresh sliced turkey breast
- 2¼ boneless, skinless chicken breasts
- 1 5-oz boneless, skinless salmon fillet
- 1 5-oz piece cod
- 1 4-oz sirloin steak

### VEGGIES & FRUITS

- 1 avocado
- 6 apples
- 3 bananas
- 1 grapefruit
- 2 kiwi
- 2 oranges
- 2 pears
- 1 large spaghetti squash
- 2 bunches grapes
- 1 bunch fresh sage
- 1 bunch fresh chives
- 1 bunch fresh flat-leaf parsley
- 1 small bunch fresh mint
- 1 small bunch fresh dill
- 1 2-inch piece fresh ginger
- 1 large head garlic
- 1 lemon
- 1 scallion
- 12 oz fresh baby spinach
- 2 heads romaine lettuce
- 1 large head broccoli
- 1 lb carrots
- 1 small red chile
- 2 sweet potatoes
- 5 vine tomatoes
- ½ pint cherry tomatoes
- 2 large yellow onions

### WHOLE GRAINS

- 1 box whole-grain cereal
- 1 container old-fashioned rolled oats
- 1 pkg 8-inch whole-grain wraps
- 1 loaf whole-wheat bread
- 1 bag whole-grain popcorn chips (**TRY:** Chip'ins All Natural Popcorn Chips Sea Salt)
- 1 pkg quinoa
- 1 small bag cornmeal

### NUTS, SEEDS & OILS

- 1 can olive oil cooking spray
- 1 jar natural unsalted nut butter
- 1 bottle olive oil
- 1 bottle extra-virgin olive oil (**TRY:** 365 Organic Everyday Value Extra-Virgin Olive Oil)
- 1 container chia seeds
- 1 bottle safflower oil
- 1 jar coconut oil
- 6 oz roasted unsalted cashews

### EXTRAS

- 1 container hummus
- 1 jar roasted red peppers
- 1 qt unsalted vegetable broth
- 2 15-oz BPA-free cans cannellini beans
- 1 15-oz BPA-free can chickpeas
- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna)
- 1 small jar Dijon mustard
- 1 bottle balsamic vinegar
- ⅔ cup almond flour
- ¾ cup coconut flour
- 1 jar raw honey
- 1 bottle coarse or fine sea salt (**TRY:** Eden Organic French Fine Grind Sea Salt)
- 1 bottle ground black pepper
- 1 bottle bay leaves
- 1 bottle garlic powder
- 1 bottle ground nutmeg
- 1 bottle dried oregano
- 1 box baking soda
- 1 container muffin cup paper liners

## SHOPPING LIST: WEEK 2

### PROTEINS & DAIRY

- 1 17.6-oz container Greek yogurt (**TRY:** FAGE Total Classic)
- 3½ oz mozzarella cheese
- 1 qt milk or unsweetened rice, almond or soy milk
- 1 qt whole milk
- 1 13.5-oz BPA-free can coconut milk
- 2¼ lb boneless, skinless chicken breasts
- 1 5-lb whole chicken
- 1 3-oz boneless pork chop
- 1 lb pork tenderloin
- 1 5-oz boneless, skinless salmon fillet
- 1 all-natural veggie burger patty (**TRY:** Amy's California Veggie Burger)

### VEGGIES & FRUITS

- 1 lb asparagus
- 5 apples
- 2 bananas
- 4 oranges
- 4 pears
- 3 lemons
- 1 lime
- 2 stalks lemongrass
- 1 small bunch fresh basil
- 1 bunch fresh chives
- 1 large bunch fresh sage
- 1¼ lb carrots
- 1 bunch Swiss chard or bok choy
- 1 bunch fresh cilantro
- 1 1-inch piece fresh ginger
- 1 sweet potato
- 8 oz sliced mushrooms
- 6 portobello mushroom caps
- 1 lb turnips
- 13 oz fresh baby spinach

- 9 shallots
- 1 red onion
- 1 red bell pepper
- 1 yellow bell pepper
- 1 red Thai bird's eye chile pepper
- 1 large head garlic
- 3 sunchokes
- 1 vine tomato
- 1 pint cherry tomatoes
- 1 zucchini

### WHOLE GRAINS

- ¼ cup white whole-wheat flour
- 1 container whole-wheat panko bread crumbs
- 1 1-lb pkg whole-wheat farfalle pasta

### NUTS, SEEDS & OILS

- 2 oz roasted unsalted walnuts

### EXTRAS

- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna)
- 1 10-oz bag frozen unsweetened berry blend (**TRY:** Earthbound Farms Organic Berry Basket Blend)
- 1 bag frozen green beans
- 1 bottle garlic and herb seasoning
- 1 container low-sodium chicken broth
- 1 bottle fish sauce
- 1 bottle cinnamon
- 1 bottle dried thyme
- 1 bottle reduced-sodium tamari
- 1 container whey protein powder