

SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 6-oz beef eye of round
- 1 pkg black bean burgers
- 1 16-oz container cottage cheese
- 1 8-oz container feta cheese
- 1 8-oz pkg pepper jack cheese
- 1 8-oz pkg mozzarella cheese
- 1 pkg string cheese
- 7 oz Swiss cheese
- 20 oz boneless, skinless chicken breasts
- 1 dozen eggs
- 1 4-oz boneless, skinless salmon fillet
- 1 5-oz boneless arctic char fillet
- 20 oz lean ground turkey (freeze 1 lb for Week 2)
- 7 oz low-sodium deli-fresh uncured sliced lean ham (freeze 4 oz for Week 2)
- 8 oz low-sodium deli-fresh sliced turkey breast (freeze 5 oz for Week 2)
- 1 5-oz BPA-free can wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna, No Salt Added)
- 1½ qt whole milk (dairy or unsweetened rice, almond or soy milk)
- 1 32-oz container organic soy milk or other nondairy milk (**TRY:** Eden Organic Edensoy Unsweetened Soy milk)
- 2 6-oz containers plain whole-milk Greek yogurt
- 1 32-oz container plain whole-milk yogurt

VEGGIES & FRUITS

- 3 apples
- ½ lb arugula
- 1 avocado
- 2 bananas
- 1 bunch fresh basil
- 2 heads broccoli
- 2½ lb carrots
- 1 head cauliflower
- 1 bunch celery
- 1 bunch fresh cilantro
- 1 head garlic
- 1 small piece fresh ginger
- 2 grapefruit
- 3 bunches seedless grapes
- 2 kiwi
- 2 lemons
- 2 large red onions
- 2 juice oranges
- 2 pears
- 1 sweet potato
- 1 10-oz bag baby spinach
- 2 pints grape tomatoes
- 3 large vine tomatoes

WHOLE GRAINS

- 1 pkg whole-grain pita breads (freeze 1 pita for Week 2)
- 1 bag hot cereal mix (**TRY:** Bob's Red Mill 7 Grain Hot Cereal)
- 1 pkg muesli
- 1 pkg whole-grain English muffins (freeze 1 for Week 2)
- 1 box whole-grain linguine pasta
- 1 box brown basmati rice
- 1 pkg whole-grain rolls
- 1 box quinoa
- 1 box whole-grain crackers (**TRY:** Crunchmaster 7 Ancient Grains Crackers Hint of Sea Salt)

NUTS, SEEDS & OILS

- 3 oz raw unsalted almonds
- 1 jar natural unsalted almond or peanut butter
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- Olive oil cooking spray
- 1 4-oz bag raw unsalted walnuts

EXTRAS

- 1 jar or frozen bag artichokes
- 1 bag dried chickpeas
- 1 bottle ground cinnamon
- 1 bottle ground cayenne pepper
- 1 bottle cumin seeds
- 1 bottle curry powder
- 1 bottle garam masala
- 1 bottle garlic powder
- 1 container hummus
- 1 box fruit & nut bars (**TRY:** Lärabar)
- 1 bottle dried oregano
- 1 tube double-concentrated unsalted tomato paste
- 1 bottle ground black pepper
- 1 bottle red pepper flakes
- 1 container vanilla whey protein powder
- 1 bottle sea salt
- 1 bottle Spanish smoked sweet paprika
- 1 box chai tea bags
- 1 jar unsalted tomato sauce
- 2 16-oz bags frozen strawberries
- 1 16-oz bag frozen mixed berries
- 2 14½-oz BPA-free cans all-natural tomato soup
- 1 bottle ground turmeric
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar

SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- 4-oz boneless top sirloin beef
- 1 5-oz boneless arctic char fillet
- 12 oz boneless, skinless chicken breasts
- 1 4-oz boneless lean pork chop
- 1 16-oz container ricotta cheese
- 5 oz goat cheese
- 2 6-oz containers plain whole-milk Greek yogurt
- 1 5-oz BPA-free can wild salmon (**TRY:** Wild Planet Pacific Sockeye Salmon)

VEGGIES & FRUITS

- 3 apples
- 2 avocados
- 2 bananas (freeze 1)
- 1 small bunch fresh basil
- 2 beets
- ½ lb Brussels sprouts
- 2 cucumbers
- 1 grapefruit
- 3 bunches seedless grapes
- 1 bunch kale
- 2 kiwi
- 1 lemon
- 2 heads romaine lettuce
- 1 pear
- 1 large red onion
- 2 yellow onions
- 2 juice oranges
- 2 10-oz pkg cremini mushrooms
- 1 large jalapeño chile pepper
- 1 pomegranate
- 1 sweet potato
- 1 spaghetti squash
- 2 small vine tomatoes

WHOLE GRAINS

- 1 loaf whole-grain bread (**TRY:** Food For Life Ezekiel 4:9 Sprouted Whole Grain Bread)
- 1 small container whole-wheat bread crumbs
- 1 pkg brown rice cakes
- 1 box whole-grain cereal (**TRY:** Kashi 7 Whole Grain Honey Puffs Cereal)
- 1 box wild rice

NUTS, SEEDS & OILS

- 1 bag raw unsalted sunflower seeds

EXTRAS

- 1 32-oz carton low-sodium chicken broth
- 1 bottle ground cardamom
- 1 pkg unsweetened dried cherries
- 1 bag black-bean chips (**TRY:** Beanitos Original Black Bean with Sea Salt Chips)
- 1 container hummus
- 1 jar Dijon mustard
- 1 jar all-natural prepared salsa
- 1 bottle fennel seeds
- 2 14½-oz BPA-free cans lentil vegetable soup (**TRY:** Amy's Organic Light in Sodium Lentil Vegetable Soup)