

## SHOPPING LIST: WEEK 1

### PROTEINS & DAIRY

- 11 oz goat cheese
- ½ qt milk (dairy or unsweetened rice, almond or soy milk)
- ½ qt buttermilk
- 1 7-oz plus 1 17.6-oz container plain Greek yogurt (TRY: FAGE Total Classic)
- 1 16-oz container cottage cheese
- ½ dozen eggs
- 10 oz reduced-sodium deli-fresh sliced turkey breast
- 6 5-oz boneless, skinless chicken breasts
- 1 5-oz fillet wild Atlantic cod
- 1 lb medium shrimp
- 1 4-oz boneless pork loin chop
- 1 lb lean ground beef

### VEGGIES & FRUITS

- 2 avocados
- 2 bananas
- 2 grapefruits
- 4 kiwi
- 2 lemons
- 1 lime
- 1 pineapple
- 4 oranges
- 5 pears
- 1 pomegranate
- 1 large bunch fresh cilantro
- 1 bunch fresh rosemary
- 12 oz baby spinach
- 1 bunch bok choy
- 1 bunch fresh flat-leaf parsley
- 1 head broccoli
- 8 oz carrots
- 1 large garden cucumber
- 1 large head garlic
- 6 oz fresh okra or 1 large green bell pepper
- 1 red bell pepper
- 2 red onions
- 2 large leeks
- 1 large bulb fennel
- 2 jalapeño chile peppers
- 1 sweet potato
- 3 tomatoes

### NUTS, SEEDS & OILS

- 1 jar natural unsalted nut butter
- 5 oz raw unsalted walnuts
- 1 bottle extra-virgin olive oil (TRY: O-Live & Co Extra Virgin Olive Oil)
- 1 bottle safflower oil

### WHOLE GRAINS

- 1 box whole-grain cereal
- 1 container old-fashioned rolled oats
- 2 5.5-oz boxes whole-grain crackers (TRY: Mary's Gone Crackers)
- 1 10-count pkg 8-inch whole-grain wraps
- 4 2-oz whole-grain rolls
- 1 loaf sprouted-grain bread (TRY: Food for Life Ezekiel 4:9 Sprouted Whole Grain Bread)
- 1 pkg quinoa
- 1 pkg farro (TRY: Bob's Red Mill Organic Farro)

### EXTRAS

- 1 container hummus
- 2 8-oz containers low-sodium chicken broth
- 2 15-oz BPA-free cans unsalted chickpeas
- 28 oz BPA-free canned, jarred or boxed unsalted diced tomatoes with juices
- 1 tube or BPA-free can unsalted tomato paste
- 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- 1 small jar Dijon mustard
- 1 bottle balsamic vinegar
- 1 jar raw honey
- 1 bottle ground cumin
- 1 bottle chile powder
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 container baking powder
- 1 box baking soda
- 1 container unsweetened cocoa powder
- 6 oz frozen blueberries (TRY: Earthbound Farms Organic Frozen Blueberries)

## SHOPPING LIST: WEEK 2

### PROTEINS & DAIRY

- 6 oz goat cheese
- 4 oz Gruyère cheese
- 9 oz ricotta cheese
- 2 oz grated Parmesan cheese
- 1 17.6-oz container Greek yogurt (TRY: FAGE Total Classic)
- 1½ qt milk (dairy or unsweetened rice, almond or soy milk)
- ½ qt buttermilk
- 1½ oz organic unsalted butter
- 1 lb boneless, skinless chicken breasts
- 2 20-oz pork tenderloins (40 oz total)
- 1 4-oz boneless, skinless salmon fillet
- 4 oz filet mignon
- 1 all-natural veggie burger patty (TRY: Amy's California Veggie Burger)

### VEGGIES & FRUITS

- 1 avocado
- 4 bananas
- 2 grapefruits
- 3 kiwi
- 3 oranges
- 6 pears
- 2 lemons
- 1 lime
- 1 bunch fresh basil
- 2 jalapeño chile peppers
- 10 oz carrots
- 1 large garden cucumber
- 1 small butternut squash
- 2 heads garlic
- 1 small eggplant (about 10 oz)
- 12 oz green beans
- 6 oz cremini mushrooms

- 6 oz assorted mushrooms (such as shiitake and oyster)
- 1 10-oz bag mixed salad greens
- 12 oz baby spinach
- 3 oz baby kale
- 1 small bunch fresh cilantro
- 1 bunch scallions
- 1 small red onion
- 1 small yellow onion
- 3 shallots
- 4 small sweet potatoes
- 1 vine tomato
- 1 large beefsteak tomato

### WHOLE GRAIN

- 4 9 x 6-inch fresh oven-ready whole-grain lasagna sheets or 8 dry oven-ready whole-grain lasagna noodles
- 1 container whole-wheat bread crumbs
- 3 tbsp white whole-wheat flour

### NUTS, SEEDS & OILS

- 4 oz dry-roasted soy nuts
- 1 bottle sesame oil
- 1 bottle olive oil

### EXTRAS

- Olive oil cooking spray
- 1 15-oz BPA-free can unsalted black beans
- 1 container hummus
- 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- 2 8-oz containers low-sodium chicken broth
- 1 bottle dried thyme
- 1 bottle dried oregano
- 1 bottle ground nutmeg