

SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 5 oz feta cheese
- 2 oz goat cheese
- 1 dozen large eggs
- ½ qt buttermilk
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 30 oz plain yogurt
- 8 lb whole chicken
- 1 lb small raw frozen shrimp
- 4 6-oz skinless cod fillets
- 2 all-natural veggie burgers (TRY: Amy's California Veggie Burger)

VEGGIES & FRUITS

- 5 apples
- 3 bananas
- 1 butternut squash (about 1 lb)
- 1 beet
- 1 bunch bok choy
- 1¼ lb grapes
- 2 oranges
- 3 pears
- 3 heads garlic
- 1 1-inch piece fresh ginger
- 6 lemons
- 10 oz carrots
- 1 cucumber
- 13 oz baby spinach
- 5 oz lettuce
- 9 oz kale
- 3 oz shiitake mushrooms
- 2 yellow onions
- 2 green onions
- 1 bunch rosemary
- 3 large sweet potatoes
- 2 vine tomatoes
- 2 small yellow squash
- 1 pomegranate (or 1½ cups arils)
- 3 small zucchini

WHOLE GRAINS

- 1 bag 8-inch whole-grain tortillas
- 1 loaf whole-grain bread (TRY: One Degree Organic Foods Sesame Sunflower Bread)
- 1 box whole-grain cereal
- 1 box quinoa
- 1 bag brown rice
- 1 carton old-fashioned rolled oats
- 1 box whole-wheat spaghetti

NUTS, SEEDS & OILS

- 1 jar natural unsalted nut butter
- 1 jar tahini paste
- 1 oz unsalted walnuts
- 5 oz unsalted pecans

EXTRAS

- 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- 1 lb bag dried chickpeas*
- 1 bag frozen broccoli
- 1 bag dark chocolate chips

PANTRY

- 1 bottle extra-virgin olive oil
- 1 bottle safflower oil
- 1 bottle toasted sesame oil
- 1 bottle olive oil cooking spray (TRY: Bertolli 100% Classico Olive Oil Spray)
- 1 jar raw honey
- 1 bottle ground cinnamon
- 1 bottle dried fennel seeds
- 1 bottle garlic powder
- 1 bottle mirin cooking wine
- 1 bottle red pepper flakes
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 jar Dijon mustard
- 1 jar whole-grain mustard
- 1 bag Sucanat
- 1 bottle pure maple syrup
- 1 bottle reduced-sodium soy sauce
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar
- 1 container baking powder
- 1 container baking soda (TRY: Bob's Red Mill Pure Baking Soda)

*Prepare bag of chickpeas for use in Meal Plan and recipes. Soak overnight in water, drain. Boil in a large pot of fresh water until soft throughout. Use 1¾ cups chickpeas in Classic Hummus (see recipe, p.75), refrigerate 1¼ cups chickpeas for Week 1 and freeze remainder for Week 2. Thaw before using.

SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- 3½ oz cheddar cheese
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 32 oz plain yogurt
- 3 oz plain Greek yogurt
- 10 oz frozen cooked bay shrimp
- 5 oz skinless cod fillet
- 1 5-oz chicken breast

VEGGIES & FRUITS

- 1 avocado
- 3 apples
- 2 beets (8 oz)
- 2 bananas
- 1½ lb grapes
- 2 oranges
- 1 pear
- 1 pomegranate (or 1½ cups seeds)
- 2 limes
- 1 lemon
- 1 bunch green leaf lettuce
- 1 jalapeño chile pepper
- 1 bunch fresh basil
- 2 bunches fresh cilantro
- 1 bunch dill
- 2¼ lb eggplant
- 2 red bell peppers
- 1 yellow onion
- 1 serrano chile pepper
- 1 1-inch piece fresh ginger
- 2 red onions
- 6 oz baby spinach
- 4 tomatillos (½ lb)
- 1 pint grape tomatoes
- 6 vine tomatoes

WHOLE GRAINS

- 2 oz whole-wheat flour
- 2 oz white whole-wheat flour
- 1 loaf whole-grain rye bread

NUTS, SEEDS & OILS

- 1 container olive oil spread
- 1 bottle olive oil mayonnaise

EXTRAS

- 1 lb bag dried black beans*
- 1 bag frozen strawberries

PANTRY

- 1 bottle chipotle chile powder
- 1 bottle brown mustard seeds
- 1 bottle cumin seeds
- 1 jar bay leaves
- 1 bottle curry powder
- 1 jar coconut oil
- 1 carton low-sodium vegetable broth
- 1 bottle white wine vinegar
- 1 can coconut milk
- 1 bag organic evaporated cane juice
- 1 bottle coriander seeds