

SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 7 oz cheddar cheese
- 4½ oz goat cheese
- 18 oz whole-milk ricotta cheese
- 1 oz grated Parmesan cheese
- 2 oz shredded mozzarella cheese
- 5 4-oz boneless, skinless chicken breasts
- 1 dozen eggs
- 1 qt whole milk
- ½ qt unsweetened non-dairy milk
- 3 oz pork tenderloin
- 4 oz boneless, skinless wild salmon fillet
- ½ lb raw shrimp (about 16 medium), peeled and deveined, tails off
- 4 oz lean sirloin steak
- 3 oz sliced deli-fresh turkey breast, nitrate- and nitrite-free
- 1 17.6-oz container full-fat plain Greek yogurt

VEGGIES & FRUITS

- 3 apples
- 12 oz arugula
- 1 avocado
- 4 bananas
- 1 bunch fresh basil
- 1½ lb beets
- 2 pints blackberries
- 1½ pints strawberries
- 3 1-lb bags carrots
- 1 bunch celery
- 1 large bunch Swiss chard
- 1 qt fresh sweet cherries or 1 bag frozen
- 1 bunch fresh cilantro
- 1 cucumber
- 2 fennel bulbs
- 1 large head garlic
- 1 large bunch red seedless grapes
- 4 kiwi
- 3 lemons
- 1 lime
- 1 large eggplant
- 1 small head romaine lettuce
- 2 mangos
- 1 medium red onion
- 3 yellow onions
- 1 bunch green onions
- 3 Roma tomatoes
- 1 16-oz bag frozen peas
- 1 red bell pepper
- 2 large plus 1 medium white potatoes
- 6 oz fresh spinach
- 1 10-oz package frozen chopped spinach

WHOLE GRAINS

- 1 loaf sprouted whole-grain bread (**TRY:** Ezekiel 4:9 Sprouted Whole-Grain Bread)
- 1 bag whole-grain hot cereal (**TRY:** Bob's Red Mill Organic 6-Grain Cereal)
- 1 box whole-grain cold cereal (**TRY:** Kashi 7 Whole Grain Honey Puffs Cereal)
- 1 box whole-grain crackers
- 1 box whole-wheat panko bread crumbs
- 1 bag ground flaxseed
- 1 bag white whole-wheat flour
- 1 bag whole-wheat flour
- 1 pkg whole-wheat English muffins (12 per pkg; freeze some for Week 2)
- 1 box long-grain brown rice

NUTS, SEEDS & OILS

- 1 oz raw unsalted almonds
- 1 jar unsalted natural peanut butter
- 1 bottle olive oil
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil cooking spray
- ½ oz raw unsalted pecans
- 2½ oz raw unsalted cashews
- 2½ oz raw unsalted pistachios

EXTRAS

- 1 jar chipotle chile powder
- 1 jar ground cinnamon
- 1 bottle dried oregano
- 1 jar raw honey
- 1 8-oz container hummus
- 1 jar all-natural, fruit-sweetened strawberry jam
- 1 jar unsweetened apricot preserves
- 1 jar Dijon mustard
- 1 bottle balsamic vinegar
- 1 jar olive oil mayonnaise
- 1 bottle ground nutmeg
- 1 bottle garlic powder
- 1 bottle ground cayenne pepper
- 1 bottle curry powder
- 1 bottle ground black pepper
- 1 container vanilla protein powder
- 1 bottle sea salt
- 1 box reduced-sodium corn and vegetable soup (**TRY:** Amy's Organic Summer Corn and Vegetable Soup)
- 1 small container powdered stevia
- 1 box black tea
- 2 15-oz BPA-free cans unsalted black beans
- 1 bottle apple cider vinegar

SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- 4 oz Swiss cheese
- ½ qt whole milk
- ½ qt unsweetened non-dairy milk
- 1 lb boneless, skinless chicken breasts
- 3 oz ground chicken breast
- 1 lb lamb tenderloin
- 1 lb pork tenderloin
- 3 oz lamb roast
- 8 oz lean ground pork
- 1 4-oz boneless, skinless cod fillet
- 10 oz firm tofu
- 2 17.6-oz containers full-fat plain Greek yogurt
- ½ dozen eggs

VEGGIES & FRUITS

- 10 apricots
- 1 lb thick asparagus spears
- 3 bananas
- 1 16-oz bag frozen fava beans or baby lima beans
- 2½ cups green beans
- 2 pints raspberries
- 1 pint fresh sweet cherries
- 1 10-oz bag frozen sour cherries
- 1 bunch fresh cilantro
- 1 2-inch piece ginger root
- 1 10-oz bag frozen edamame
- 1 large bunch red seedless grapes
- 2 bunches beet greens
- 1 lime
- 2 lemons
- 1 10-oz pkg cremini mushrooms
- 1 4-oz pkg gourmet mixed mushrooms
- 1 8-oz pkg white mushrooms
- 1 bunch green onions
- 3 oranges

- 1 green bell pepper
- 1 10-oz bag frozen sliced peaches
- 1 small plus 1 large white potatoes
- 5 Yukon Gold potatoes
- 6 oz spinach
- 1 bunch fresh thyme
- 2 yellow onions
- 5 medium tomatoes
- 3 zucchini

WHOLE GRAINS

- 1 box whole-wheat orzo
- 1 loaf whole-grain crusty bread
- 1 pkg brown rice vermicelli noodles
- 1 box quinoa

NUTS, SEEDS & OILS

- 1 jar unsalted almond butter
- 1 oz raw unsalted peanuts
- 2 oz raw unsalted walnuts
- 1 pkg blanched unsalted slivered almonds

EXTRAS

- 1 16-oz box low-sodium chicken broth
- 2 13.5 BPA-free cans coconut milk
- 1 container coconut water
- 1 jar coconut oil
- 1 8-oz container hummus
- 1 jar fish sauce
- 1 oz dried porcini mushrooms
- 1 jar red curry paste
- 1 box granola bars
- 1 bottle ground allspice
- 1 bottle pure maple syrup
- 1 container chocolate protein powder
- 1 6-oz box unsweetened raisins
- 1 bottle reduced-sodium soy sauce