

SHOPPING LIST

PROTEINS

- 1½ lb boneless, skinless chicken breasts
- 3 4-oz skinless wild salmon fillets
- 1 qt non-dairy milk (unsweetened rice, almond, soy or other milk)
- 1 dozen eggs
- 14 oz skirt steak

VEGGIES & FRUITS

- 3 apples
- 3 peaches
- 1½ pints blueberries
- 1 pint raspberries
- 4 limes
- 1 lemon
- 1 orange
- 4-inch piece fresh ginger
- 1 head garlic
- 5 Medjool dates
- 10½ oz baby spinach
- 6 large Swiss chard leaves
- 19 oz romaine lettuce
- 2 heads broccoli
- 2 bunches celery

- 2 red bell peppers
- 6 large carrots
- 1 yellow onion
- 1 red onion
- 2 bunches green onions
- ½ pint grape tomatoes
- 1 Fresno (red jalapeño) or jalapeño chile pepper
- 2 large ears corn
- 1 sweet potato
- 1 large beet
- 1 bunch fresh basil
- 1 bunch fresh oregano

WHOLE GRAINS

- 1 cup quinoa
- 1 box gluten-free muesli (**TRY:** Seven Sundays Muesli Blueberry Chia Buckwheat)
- 1 box gluten-free crackers (**TRY:** Mary's Gone Crackers)
- 8 6-inch corn tortillas

NUTS, SEEDS & OILS

- 1 bag chia seeds
- 18 oz raw unsalted almonds

- 1 lb raw unsalted cashews
- 3 oz chopped raw unsalted pecans
- 1 jar coconut oil (**TRY:** Vita Coco Coconut Oil)
- 1 bottle grape seed oil
- 1 bottle extra-virgin olive oil
- 1 bottle sesame oil

EXTRAS

- 1 bag frozen edamame
- 1 8-oz container hummus
- 1 15-oz can chickpeas
- 1 jar protein power
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 bottle cayenne pepper
- 1 bottle red pepper flakes, optional
- 1 bottle ground cumin
- 1 bottle pure maple syrup
- 1 bottle pure vanilla extract (**TRY:** Simply Organic Vanilla Extract)
- 1 bottle reduced-sodium, gluten-free soy sauce or tamari

- 1 bottle apple cider vinegar
- 1 container nutritional yeast (**TRY:** Bob's Red Mill Nutritional Yeast)
- 1 jar Dijon mustard
- 1 bottle all-natural hot sauce
- 1 jar all-natural salsa
- 1 bottle sriracha sauce
- 1 BPA-free can full-fat coconut milk
- 1 32-oz carton low-sodium chicken broth
- 1 bag unsweetened shredded coconut

EVVO = extra-virgin olive oil