

## SHOPPING LIST

### PROTEINS & DAIRY

- 24 oz plain whole-milk Greek yogurt
- 1 qt plain unsweetened dairy or non-dairy milk
- 4 6-oz boneless, skinless chicken breasts
- 2 4-oz skinless salmon fillets
- ½ dozen eggs (2 hard-boiled)
- 1 carton protein powder
- 3 cups lean ground beef

### VEGGIES & FRUITS

- 15 oz baby spinach
- 14 oz kale
- 22 oz carrots
- 1 small bunch celery
- 2 large beets
- 2 large sweet potatoes
- 1 head cauliflower
- ½ small bunch fresh parsley
- 1 large head garlic
- 5 McIntosh apples
- 9 clementines
- 1 lemon
- ¾ cup fresh corn or frozen and thawed corn
- 1 medium yellow onion
- 1 sweet onion
- 1 pkg fresh mint leaves, optional
- 5 oz king oyster or cremini mushrooms
- 7 oz okra (or frozen)
- 1 green bell pepper
- 1 large red chile
- 2 white potatoes
- 1 small bunch green onions

### WHOLE GRAINS

- 1 bag whole rolled oats
- 1 bag quinoa (**TRY:** NOW Real Food Organic Quinoa)
- 1 bag brown rice flour
- 1 bag long-grain brown rice

### NUTS, SEEDS & OILS

- 6½ oz raw almonds
- 5½ oz raw walnuts
- 1 bottle extra-virgin olive oil
- 1 jar coconut oil
- 1 bottle olive oil
- 1 bag chia seeds (**TRY:** Chosen Foods Organic Chia Seeds)

### EXTRAS

- 1 bottle pure vanilla extract
- 1 bottle pure peppermint extract
- 1 bottle ground cinnamon
- 1 bottle ground ginger
- 1 bottle ground cloves
- 1 bottle ground cumin
- 1 bottle ground nutmeg
- 1 bottle dried oregano
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle garlic powder
- 1 bottle onion powder
- 1 bottle raw honey

- 1 bottle dried parsley
- 1 bottle dried thyme
- 1 bottle red pepper flakes
- 1 bottle bay leaves
- 1 bottle ground cayenne pepper
- 1 bottle chipotle powder
- 1 bottle balsamic vinegar
- 1 bag dried unsweetened cranberries
- 1 jar Dijon mustard
- 1 bottle reduced-sodium gluten-free tamari
- 1 bottle nutritional yeast
- 1 bag organic evaporated cane juice (aka organic cane sugar)
- 1 pkg raw cacao powder or cocoa powder (**TRY:** Navitas Organics Cacao Powder)
- 1 bag unsweetened coconut flakes
- 1 pkg Medjool dates
- 1 8-oz container baba ghanoush
- 1 8-oz container low-sodium chicken broth
- 2 8-oz containers low-sodium vegetable broth
- 2 14-oz BPA-free cans unsalted red kidney beans
- 1 14-oz BPA-free can unsalted white kidney beans
- 2 28-oz BPA-free can organic diced tomatoes