

SHOPPING LIST

PROTEINS & DAIRY

1. 7 5-oz boneless, skinless chicken breasts
2. 1 dozen large eggs
3. 11 oz full-fat feta cheese
4. 2 15-oz cans BPA-free canned black beans
5. 1 container collagen powder

VEGGIES & FRUITS

6. 5 sweet potatoes
7. 2 yellow onions
8. 3 avocados
9. 4 16-oz pkgs baby kale
10. 4-inch piece fresh ginger
11. 1 head garlic
12. 8 pears
13. 3 limes
14. 1 bunch fresh cilantro
15. 3 large tomatoes

WHOLE GRAINS

16. 1 carton old-fashioned rolled oats
17. 1 bag brown rice

NUTS, SEEDS & OILS

18. 17.5 oz pecans
19. 1 jar coconut oil
20. 1 bottle extra-virgin olive oil

PANTRY STAPLES

- 1 bottle apple cider vinegar
- 1 bottle pure maple syrup
- 1 bottle pure vanilla
- 1 bottle ground cardamom
- 1 bottle chili powder blend
- 1 bottle ground cinnamon
- 1 bottle dried oregano
- 1 bottle sea salt
- 1 bottle ground black pepper