

20 INGREDIENT MEAL PLAN SHOPPING LIST

- 1 dozen large eggs
- 4 4-oz fillets wild salmon
- 1 lb ground turkey
- 8 oz ground beef
- 2 8-oz containers hummus
- 3 lb carrots
- 1 bunch celery
- 1 large tomato
- 4 medium + 3 large baking potatoes, such as Russet
- 1 head garlic
- 2 yellow onions
- 6½ oz cremini mushrooms
- 5½ oz shiitake or enoki mushrooms
- 1 bunch green onions
- 3 heads butter lettuce
- 7 bananas
- 5 oranges
- 1 bag rolled oats
- 1 loaf sprouted whole-grain or gluten-free bread
- 14 oz almonds

PANTRY STAPLES

- pure maple syrup
- ground cinnamon
- ground ginger
- ground cumin
- sea salt
- ground black pepper
- dried parsley
- dried thyme
- dried rosemary
- paprika
- baking powder
- baking soda
- pure vanilla extract
- Dijon mustard
- reduced-sodium tamari
- apple cider vinegar
- coconut oil
- extra-virgin olive oil
- sesame oil
- coconut sugar
- sesame seeds
- hot sauce, optional