

SHOPPING LIST

PROTEINS & DAIRY

- ½ dozen large eggs
- 2 oz blue cheese
- 5 oz feta cheese
- 5 oz fresh mozzarella cheese
- ½ oz Pecorino Romano cheese
- 1 32-oz container plain whole-milk yogurt
- 1 32-oz container plain whole-milk kefir
- 12 boneless, skinless chicken breast tenders (about 1¾ lb)
- 1 lb bay scallops (fresh or frozen; if fresh, freeze until needed)

VEGGIES & FRUITS

- 2 apricots
- 3 bananas (freeze 2)
- 1 cantaloupe
- 1 lb grapes
- 2 pints strawberries
- 1 6-oz pkg raspberries
- 3 lemons
- 1 head garlic
- 1 large bunch fresh basil
- 1 2-inch piece fresh ginger
- 2 avocados
- 6 oz arugula
- 2 green onions

- 8 oz green beans
- 1 small orange or red bell pepper
- 5 oz carrots
- 1 large cucumber
- 6 oz button mushrooms
- 1 small red onion
- 1 head romaine lettuce
- 1 pint grape tomatoes
- 4 plum tomatoes

WHOLE GRAINS

- 1 box tricolor quinoa
- 1 loaf sprouted whole-grain bread

NUTS, SEEDS & OILS

- 1 jar natural unsalted nut butter of choice
- 1 bottle extra-virgin olive oil (**TRY:** O-Live & Co. Extra Virgin Olive Oil)
- 1 jar unrefined virgin coconut oil
- 1½ oz unsalted pine nuts
- 3½ oz unsalted walnuts
- 1 bag chia seeds

EXTRAS

- 2 12-oz jars quartered artichoke hearts in water
- 1 13.5-oz BPA-free can full-fat coconut milk
- 1 6-oz BPA-free canned or pouch tuna (**TRY:** Look for a low-mercury option such as Safe Catch brand; or substitute with canned salmon)
- 1 bag frozen riced cauliflower (**TIP:** Or make your own by pulsing cauliflower florets in a food processor until pieces reach the size of rice.)
- 1 15-oz BPA-free can chickpeas (aka garbanzo beans)
- 1 bottle ground black pepper
- 1 bottle ground cardamom
- 1 bottle ground cinnamon
- 1 bottle ground cloves
- 1 bottle curry powder
- 1 bottle garlic powder
- 1 bottle ground nutmeg
- 1 bottle dried oregano flakes
- 1 bottle ground turmeric
- 1 bottle sea salt (**TRY:** Eden French Celtic Sea Salt)
- 1 jar Dijon mustard
- 1 bottle raw honey
- 1 bottle red wine vinegar
- 1 6-oz bag roasted chickpeas (**TRY:** The Good Bean Sea Salt Roasted Chickpeas)
- 1 8-oz container hummus