

## SHOPPING LIST

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### 20 INGREDIENTS

1. 1½ lb chicken breast tenders
2. 2 dozen large eggs
3. 8 oz halloumi cheese
4. 10 oz ahi tuna
5. 1 lb organic sprouted extra-firm tofu
6. 2 32-oz containers full-fat yogurt (**TRY:** Stonyfield Organic Probiotic Plain Whole Milk Yogurt)
7. 1 lime
8. 1 5-oz pkg arugula
9. 2 artichokes
10. 1 bunch asparagus
11. 5 avocados
12. 4 carrots
13. 1 bunch fresh cilantro
14. 8 lemons
15. 1 head butter lettuce
16. 2 yellow onions
17. 5 oranges
18. 2 radishes
19. 5 pints strawberries
20. 2 10-oz pkgs baby spinach

### PANTRY STAPLES

- 2 15-oz cans BPA-free canned chickpeas
- 1 pkg quinoa
- 1 jar almond butter (**TRY:** Once Again Creamy Organic Almond Butter)
- 1 bottle avocado oil
- 1 bottle coconut aminos
- 1 bottle dried thyme
- 1 bottle ground ginger
- 1 bottle garlic powder
- 2 pints chicken bone broth
- 1 bottle ground turmeric (**TRY:** Simply Organic Turmeric)
- 1 bottle sea salt
- 1 bottle ground black pepper