

SHOPPING LIST

VEGGIES & FRUITS

- 3½ oz baby spinach
- 1 red bell pepper
- 2 large vine tomatoes
- 4 oz cherry tomatoes
- 1 cucumber
- 5 yellow zucchini
- 1 head celery
- 1 1-lb bunch broccoli
- 4 ears corn
- 6 small potatoes
- 9 green onions
- 6 portobello mushrooms
- 2 carrots
- 1 bunch fresh cilantro
- 2 bunches fresh basil
- 1 head garlic
- 1 1-inch piece fresh ginger
- 1 pint raspberries
- 1 quart strawberries
- 1½ pints blueberries
- 4 peaches
- 1 small carton sunflower or bean sprouts

PROTEINS & DAIRY

- 6 eggs (hard-boil all)
- 2 32-oz containers plain Greek yogurt
- ½ gallon dairy or non-dairy milk
- 9.5 oz goat cheese
- 1 oz Parmesan cheese
- 6 3-oz chicken sausage links
- 3 4-oz boneless, skinless chicken breasts
- 1 container protein powder

WHOLE GRAINS

- 1 bag old-fashioned rolled oats

NUTS, SEEDS & OILS

- 1 jar natural almond butter
- 16 oz raw whole almonds
- 1 bottle extra-virgin olive oil

EXTRAS

- 1 bottle apple cider vinegar
- 1 bottle low-sodium tamari
- 1 bottle raw honey
- 1 bottle pure vanilla extract
- 1 bottle ground cinnamon (**TRY:** Simply Organic Ground Cinnamon)
- 1 bottle ground cayenne pepper
- 1 bottle red pepper flakes
- 1 bottle sea salt
- 1 bottle ground black pepper