

# SHOPPING LIST

## PROTEINS & DAIRY

- ½ dozen large eggs
- 1 lb uncooked medium shrimp
- 3 5-oz wild-caught salmon fillets
- 1 14-oz block organic extra-firm tofu
- 1 32-oz carton unsweetened almond milk
- 14 oz uncooked red lentils
- 1 container vanilla protein powder

## VEGGIES & FRUITS

- 1½ lbs carrots
- 1 head celery
- 2 red bell peppers
- 1 2-lb pineapple
- 1 lb collard greens
- 1 bunch green onions
- 1 head garlic
- 1 6-inch piece fresh ginger
- 2 white onions (1 medium, 1 small)
- 24 oz frozen peas
- 1 bunch fresh cilantro
- 1 lemon

## WHOLE GRAINS

- 14 oz uncooked millet

## NUTS, SEEDS & OILS

- 1 bottle extra-virgin olive oil
- 1 jar coconut oil
- 2 13.5-oz BPA-free cans full-fat coconut milk
- 1 bag almond flour
- 1 bag unsweetened shredded coconut
- 1 jar tahini
- 1 bottle sesame seeds

## PANTRY STAPLES

- 1 bottle apple cider vinegar
- 1 box baking soda
- 1 32-oz carton low-sodium vegetable broth
- 1 bottle low-sodium tamari
- 1 bottle pure maple syrup
- 1 bottle pure vanilla extract
- 1 bag nutritional yeast
- 1 bottle ground cardamom
- 1 bottle ground cinnamon
- 1 bottle ground coriander
- 1 bottle ground cumin
- 1 bottle ground turmeric
- 1 bottle sea salt
- 1 bottle ground black pepper