

SHOPPING LIST

PROTEINS & DAIRY

- ☐ ½ gallon milk or unsweetened nondairy milk
- ☐ 1 rotisserie chicken
- ☐ 4 6-oz BPA-free cans boneless salmon packed in water
- ☐ 1 8-oz carton tzatziki sauce

VEGGIES & FRUITS

- ☐ 2 lemons
- ☐ 3 peaches
- ☐ 2 pints blueberries
- ☐ 1 pint raspberries
- ☐ 1 carrot
- ☐ 5 cucumbers
- ☐ 2 red bell peppers
- ☐ 2 pints cherry tomatoes
- ☐ 1 red onion
- ☐ 3 heads romaine lettuce
- ☐ 1 bunch collard greens (10 to 11 leaves)
- ☐ 1 bunch fresh dill
- ☐ ½ pint fresh cherries (or swap for frozen and thawed)
- ☐ 1 2-inch piece fresh ginger
- ☐ 1 15-oz can mandarin oranges packed in juice
- ☐ 1 jar Kalamata olives

GRAINS

- ☐ 5 whole-wheat pitas (**TRY:** Food for Life 7-Grain Pocket Bread)
- ☐ 1 carton old-fashioned rolled oats

NUTS, SEEDS & OILS

- ☐ 1 bottle extra-virgin olive oil
- ☐ 1 bottle sesame oil
- ☐ 1 jar tahini
- ☐ 7 oz raw whole almonds
- ☐ 1 bag hemp hearts (**TRY:** Manitoba Harvest Hemp Hearts)
- ☐ 1 bag chia seeds

PANTRY STAPLES

- ☐ 2 15-oz cans chickpeas
- ☐ 1 bottle rice vinegar
- ☐ 1 bottle low-sodium soy sauce or tamari (**TRY:** San J Tamari Organic Reduced Sodium)
- ☐ 1 bottle raw honey
- ☐ 1 bottle ground cinnamon
- ☐ 1 bottle ground cumin
- ☐ 1 bottle black pepper
- ☐ 1 bottle sea salt

F Q V GF

BLUEBERRY GINGER SMOOTHIE

Blend 1¼ cups blueberries, 1 cup milk, 1 cup chopped collard greens, 2 tbsp whole almonds, 1 tbsp hemp hearts, 2 tsp minced fresh ginger and ice, as desired. (Makes 1 serving.) ©