

WEEK 1 SHOPPING LIST

PROTEINS & DAIRY

- 1 dozen large eggs
- 12 oz large shrimp
- 28 oz chicken thighs
- 2 5-oz wild salmon fillets

VEGGIES & FRUITS

- 8 oz asparagus
- 4 green apples
- 3 avocados
- 1 cup baby spinach
- 4 cups broccoli
- 2 bananas
- 1 bag frozen mixed berries
- 1 carrot
- 1 bunch chives
- 1 bunch cilantro
- 5 oz cauliflower rice
- 1 celery stalk
- 2 pints cherry tomatoes
- 1 2-inch piece fresh ginger
- 6 oz spring mix greens
- 4 garlic cloves
- 5 English cucumbers
- 4 lemons
- 1 mango
- 1 small onion
- 1 pint strawberries
- 2 red bell peppers
- 1 orange
- 4 shallots

NUTS, SEEDS & OILS

- 1 jar coconut oil
- 1 bottle EVOO
- 1 bottle avocado oil
- 1 jar raw almond butter

- 1 jar tahini
- 1 bottle chia seeds
- 3 oz raw slivered almonds
- 1 bag hemp hearts (**TRY:** Manitoba Hemp Hearts)
- 2 oz pine nuts
- 2 oz roasted sunflower seeds
- 2 oz roasted pumpkin seeds

PANTRY STAPLES

- 6 rice paper wraps
- 1 quart unsweetened almond milk
- collagen powder (**TRY:** Vital Proteins Collagen Peptides)
- almond flour
- coconut flour
- baking soda
- pure maple syrup
- sea salt
- black pepper
- pure vanilla extract
- low-sugar apricot jam
- rice vinegar
- coconut aminos
- red pepper flakes
- arrowroot starch
- ground cinnamon
- smoked paprika
- ground cumin
- mayonnaise
- freeze-dried strawberries
- raw honey

WEEK 2 SHOPPING LIST

PROTEINS & DAIRY

- 10 oz flank steak
- 2 4-oz wild salmon fillets
- 1 dozen large eggs
- 1 oz goat cheese
- 1¼ lb ground turkey
- 4 4-oz boneless, skinless chicken thighs

VEGGIES & FRUITS

- 3 avocados
- 4 oz asparagus
- 1 Fuji apple
- 2 green apples
- 1 bunch basil
- 1 red beet
- 1 head butter lettuce
- 1 banana
- 2 large carrots
- 2 large bunches fresh cilantro
- 1 head cauliflower
- 1 English cucumber
- 2 eggplant
- 3 garlic cloves
- 1 2-inch piece ginger
- 1 leek
- 2 limes
- 1 bunch mint
- 1 orange
- 1 red onion
- 2 red and/or orange bell peppers
- 1 bag frozen pineapple
- 1 bag frozen mango
- 1 bag frozen mixed berries
- 1 pint strawberries
- 4 shallots
- 3 oz baby spinach
- 8 oz mushrooms

NUTS, SEEDS & OILS

- 1 can avocado cooking spray
- ½ oz sliced almonds
- 2 oz roasted pumpkin seeds
- 1 bag ground flaxseeds

PANTRY STAPLES

- 1 quart vegetable broth
- 1 jar pesto
- 1 quart unsweetened almond milk
- 1 15-oz can full-fat coconut milk
- matcha green tea powder
- chili powder blend
- garlic powder
- onion powder
- ground turmeric
- apple cider vinegar

NOTE: Reserve leftover pantry staples from Week 1 for use in Week 2.

