

# SHOPPING LIST

## WEEK 1

### PROTEINS

- 2-3 dozen eggs
- 2-3 pounds skinless chicken breast
- 1 lb wild-caught salmon
- 1 rotisserie chicken
- 3 lb pork loin
- 6 oz sliced ham
- 2 lb ground beef or turkey
- 2-3 lb deli turkey
- 1 lb beef tip steak
- 1 package nitrate free sausages
- 10 oz shrimp
- 1 lb ground lamb
- 1 lb halibut or other white fish

### PRODUCE

- berries
- bag of onions
- several bell peppers
- red leaf lettuce
- several tomatoes
- avocado
- bag of apples
- 1 lb green beans
- a few oranges
- zucchini
- cauliflower
- a few bags of mixed greens
- 1 spaghetti squash
- 1-2 lbs broccoli
- bag of carrot sticks
- quart of strawberries
- 1 small head cabbage
- several lemons
- 1 head garlic
- 1 bunch asparagus
- 1 bag frozen berry mix
- 1 bag broccoli slaw
- 1 sweet potato

### NUTS & SEEDS

- almonds
- pecans
- walnuts
- macadamia nuts

### SPICES & HERBS

- cumin
- oregano
- rosemary
- sea salt
- pepper
- thyme
- basil
- cinnamon
- mustard seeds
- turmeric

### PANTRY ITEMS

- olive oil
- coconut oil
- jerky
- salsa
- balsamic vinegar
- 1 can tomato sauce
- 1 jar marinara sauce
- 1 can tuna
- toasted sesame oil
- tamari (wheat-free soy sauce)
- dijon mustard

# SHOPPING LIST

## WEEK 2

### PROTEINS

- 6 oz sliced deli ham
- 3 lbs chicken breasts
- 2 dozen eggs
- 1 rotisserie chicken
- 1 lb ground meat
- 1 lb tip steak
- 1 lb ground pork
- 1.5 lbs tilapia filets
- 10 oz smoked deli turkey
- 2 lbs chicken thighs
- 2 moroccan lamb sausages
- 1 package bacon

### PRODUCE

- lettuce
- 1-2 heads broccoli
- 1 head cauliflower
- bag of carrots
- a few tomatoes
- a few plums
- several bell peppers
- 1-2 avocados
- a few bags mixed greens
- a few oranges
- celery
- 2-3 yellow squash
- 1 bag broccoli slaw
- a few lemons
- 1 head garlic
- 1 lb beets
- a few apples
- 2 red onions
- 2 medium cucumbers
- 1/2 cup green beans
- 1 small piece fresh ginger
- 1 bunch chives or green onions
- 1 red bell pepper
- 2 small zucchini
- 1 peach
- 1 bag spinach

### NUTS & SEEDS

- walnuts
- almonds
- cashews
- pine nuts
- macadamia nuts

### SPICES & HERBS

- cinnamon
- thyme
- mustard seeds
- cumin
- turmeric
- curry powder
- tarragon
- garlic powder
- onion powder
- bunch fresh cilantro
- coriander
- salt & pepper
- dill
- mustard powder
- paprika

### PANTRY ITEMS

- unsweetened applesauce
- olive oil
- balsamic vinegar
- olives
- almond butter
- jerky
- coconut milk
- chili oil
- chicken broth
- 1 can El Pato tomato sauce
- curry sauce
- cashew or macadamia nut butter
- vanilla extract
- coconut oil
- 1 can of artichoke hearts
- 1 12 oz package kelp noodles

# SHOPPING LIST

**WEEK 3**

## PROTEINS

- 1 package lamb sausages
- 1 package chicken apple sausages
- 1 package bacon
- 1-2 dozen eggs
- 1 lb flank steak
- 1 bag pre cooked shrimp
- 1 turkey breast
- 4 lb ground beef, turkey or chicken
- 6 oz chicken breast
- 3-5 lbs meat, ground or whole
- 1/2 lb ground turkey
- 1/2 lb spicy sausage
- 1/2 lb shrimp

## PRODUCE

- a few bags of mixed greens or spinach
- a few bell peppers
- a few tomatoes
- a few avocados
- 2 oranges
- 2 carrots
- 1 lemon
- 3 apples
- 1/2 cup berries
- celery
- a few onions
- 1 head garlic
- 2 lbs green beans
- 1 head cabbage
- 2 bag frozen mixed veggies
- 1 quart strawberries
- 1 bunch swiss chard
- 1 head cauliflower

## NUTS & SEEDS

- pecans
- walnuts
- blanched almonds
- cashews

## SPICES & HERBS

- oregano
- basil
- tarragon
- allspice
- ground cloves
- salt & pepper
- rosemary
- cumin
- cinnamon
- chili powder
- mustard powder
- sesame seeds
- bunch fresh parsley
- coriander
- cajun seasoning
- bay leaf
- cayenne pepper

## PANTRY ITEMS

- apple cider vinegar
- olive oil
- 1 can of sardines
- 1 6 oz can tomato paste
- 3 14 oz can tomato sauce
- beef broth
- chicken broth
- 1 can salmon
- cocoa powder
- roasted hazelnut oil
- unsweetened applesauce
- balsamic vinegar
- coconut milk
- coconut oil

# SHOPPING LIST

**WEEK 4**

## PROTEINS

- 1-2 dozen eggs
- 1 lb deli turkey
- 1/2 lb sausages
- 1 lb salmon
- 1 lb chicken breast
- 1 lb steak
- a few large slices of ham
- 1 lb pork loin
- 1 lb ground meat
- 1 lb sea scallops
- 1 large italian sausage

## PRODUCE

- 1 cup berries
- 1 small head cabbage
- 1 head broccoli
- 2 avocados
- 2-3 bags spinach/mixed greens
- celery
- 2 bags frozen mixed veggies
- 1 bag carrots
- a few apples
- jicama

## PRODUCE CONTINUED

- salad fixings (tomatoes, peppers, etc)
- 3 portobello mushrooms
- a few onions
- 1 head of garlic
- 1 head of lettuce
- 1 medium zucchini
- 1 medium summer squash
- 1 red onion
- 1-2 yams/sweet potatoes
- a few lemons
- 8 cups - mix of kale, chard, raddichio
- 1 bunch asparagus
- 1 delicata squash
- 1 package mushrooms
- 1 small acorn squash
- 2 sweet chocolate peppers or pasilla peppers
- 1/2 cup grape tomatoes
- 1 red bell pepper
- 1/4 cup cauliflower
- 1 serrano pepper

## NUTS & SEEDS

- almonds
- walnuts
- pine nuts
- almonds

## SPICES & HERBS

- salt
- pepper
- thyme
- curry powder
- cumin
- garlic powder
- oregano
- fennel seed
- 1 bunch fresh cilantro
- 1 bunch fresh parsley

## PANTRY ITEMS

- olive oil
- almond butter
- 2 cans tuna
- salsa
- coconut milk
- chicken or beef broth
- 1 can salmon
- dijon mustard
- balsamic vinegar
- tamari (wheat-free soy cauce)
- 1 can water chestnuts
- cashew butter
- 1 jar marinara sauce