

# week 1

## SHOPPING LIST

### veggies

avocados 3-4  
bell pepper, red 1  
broccoli florets 1 cup  
carrot 1  
celery stalks 1-2  
cucumber 1  
cherry tomatoes 1 cup  
eggplant 1  
garlic 2 cloves  
onion 1  
red onions 3  
red cabbage 1/2  
tomatoes 6  
sweet potato 1  
zucchini 4

### greens

arugula 3 cups  
lettuce 1 cup  
spinach 2-3 cups

### fruits

lemon/lime 4  
bananas 4-5  
berries 2-3 cups  
blueberries 1/2 cup  
green apple 1

### nuts

almonds 1/2 cup  
almond milk 1 cup  
peanuts 1/3 cup  
peanut butter 1/2 cups  
walnuts 1/3 cup

### seeds

chia seeds 1 teaspoon  
black seeds 1/2 teaspoon  
flax seeds 1/2 teaspoon  
sunflower seeds 1 tablespoon  
pumpkin seeds 1 teaspoon  
tahini 1 tablespoon

### meat/fish

chicken breast 6 (5-7oz) pieces  
minced turkey/beef 5oz  
tuna 1 can

### dairy

greek yogurt 4 cups  
goat cheese/feta 2 small slices  
eggs 11  
mozzarella 4-5 slices  
whey protein 1 scoop

### grains

rolled oats 1 1/2 cup  
oat flour 1/2 cup  
whole grain bread 5-6 slices  
brown rice cakes 4  
tortilla 1  
whole grain pasta 3-4 ounces  
quinoa 1/2 cup

### beans

black/kidney beans 1 cup  
chickpeas 1 1/2 cup

### canned/jarred

dijon mustard 2 teaspoons  
hummus 3 tablespoons  
olives around 10  
plum canned tomatoes 1 can

### oils/spices

curry	red pepper
basil	onion powder
thyme	garlic powder
mint	virgin olive oil
cumin	balsamic vinegar
dill	coconut oil
oregano	baking powder
parsley	

# week 2

## SHOPPING LIST

### veggies

avocados 3-4  
broccoli florets 2 cups  
carrot 3  
cabbage 1 small  
cauliflower 1 head  
cherry tomatoes 2 cups  
garlic 2 cloves  
onion 1-2  
red onions 2-3  
tomatoes 5  
sweet potato 1 small  
potato 1  
mushrooms 15

### greens

arugula 2 cups  
lettuce 2 cups  
spinach 3 cups  
fresh parsley 1 bunch  
fresh dill 1 bunch

### fruits

lemon/lime 2-3  
bananas 4-5  
raspberries 1 1/2 cups  
strawberries 4-5  
berries 1/4 cup  
green apple 1-2  
dried cranberries 1 1/4 cup

### nuts

almonds 1-2 cups  
almond milk 4 cups  
almond butter 1 1/4 cup  
cashews 1/2 cup  
hazelnuts 4-5  
pecan halves 1 cup  
peanut butter 1/4 cup  
walnuts 1 cup

### seeds

chia seeds 2-3 tablespoons  
pumpkin seeds 2 tablespoons  
tahini 2 tablespoons

### meat/fish

chicken breast 3 (5-7oz) pieces  
minced turkey/beef 7oz  
tuna 1 can  
salmon 1 (7oz) steak  
prosciutto/ smoked salmon 3-4 slices

### dairy

greek yogurt 2 cups  
goat cheese/feta 1 small slice  
cheese 2 thin slices  
parmesan 1 tablespoon  
eggs 5  
mozzarella 5-6 slices  
whey protein 2 scoops

### grains

rolled oats 5-6 cups  
whole grain bread 5-6 slices  
brown rice cakes 7-8  
brown rice 1/2 cup  
large tortilla 1

### beans

chickpeas 1 cup  
red lentils 1/2 cup  
yellow beans 1 1/2 cup  
sweet peas 1 cup  
sweet corn 1/4 cup

### canned/jarred

dijon mustard 1 teaspoons  
hummus 1/2 cup  
olives 4-5  
plum canned tomatoes 1/2 can  
basil pesto 1 teaspoon  
honey 1/4 cup

### oils/spices

chili powder  
ginger [only new ones]  
cacao powder  
cinnamon

# week 3

## SHOPPING LIST

### veggies

avocados 3  
broccoli florets 1 cup  
carrot 1  
cucumber 2  
cherry tomatoes 1/2 cup  
celery stalks 3-4  
onion 1  
red onions 3  
radishes 3-4  
tomatoes 6  
sweet potato 2  
potato 1  
baby potatoes 1 cup

### greens

arugula 2 cups  
lettuce 3-4 cups  
fresh parsley 1 bunch  
fresh mint

### fruits

lemon/lime 3-4  
bananas 7  
raspberries 1 1/3 cups  
berries 1/3 cup  
green apple 1  
dried cranberries 1 1/4 cup

### nuts

almond milk 1/2 cup  
coconut milk 1 cup  
almond butter 1 cup  
pistachios (shelled) 1/2 cup  
peanut butter 1/4 cup

### seeds

chia seeds 1 teaspoon  
sunflower seeds 1 tablespoon  
grounded flax seeds 1 teaspoon  
tahini 1 tablespoon

### meat/fish

chicken breast 3 (5-7oz) pieces  
tuna 2 small cans  
prosciutto/ smoked salmon 5-6 slices

### dairy

greek yogurt 2-3 cups  
goat cheese/feta 3 small slices  
parmesan 1 tablespoon  
eggs 7  
mozzarella 5-6 slices  
whey protein 1 scoop

### grains

rolled oats 2 cups  
oat flour 2/3 cups  
whole grain bread 5-6 slices  
brown rice cakes 6-7  
whole grain pasta 1 cup (cooked)  
whole grain large tortilla 1

### beans

chickpeas 2-3 cups  
black beans/kidney beans 1/2 cup  
black lentils 1 cup  
red lentils 1/2 cup  
green peas 1/2 cup  
sweet corn 1/4 cup

### canned/jarred

dijon mustard 2-3 teaspoons  
hummus 1/3 cup  
olives 4-5  
basil pesto 1 teaspoon  
canned mushrooms 1/4 cup

### oils/spices

[no new this week]

# week 4

## SHOPPING LIST

### veggies

avocados 2  
broccoli florets 1 cup  
carrot 2  
cabbage 1/2 (1 cup grated)  
cauliflower 1 head  
celery stalks 2-3  
cucumber 1-2  
garlic 1 clove  
onion 1-2  
red onions 2  
red bell pepper 1  
tomatoes 6-7  
sweet potato 2 medium  
potato 1  
mushrooms 1-2 cups  
zucchini 2

### greens

baby arugula 1 1/2 cups  
lettuce 3-4 cups  
spinach 1 cup  
fresh parsley 1 bunch  
fresh cilantro

### fruits

lemon/lime 3  
bananas 3-4  
raspberries 1 cup  
strawberries 4-5  
mango 1/2 cup (frozen or fresh)  
apples 2  
pitted medjool dates 1 cup

### seeds

chia seeds 1 teaspoon  
pumpkin seeds 1 tablespoons  
flax seed 1/3 cup  
sunflower seeds 1/2 cup  
sesame seeds 1/3 cup  
tahini 2 tablespoons

### oils/spices

kosher salt  
coriander [only new ones]  
baking soda

### meat/fish

chicken breast 5-7oz piece  
clean cut beef 5oz  
tuna 1 can  
shrimps (baby shrimps) 5-7oz

### dairy

greek yogurt 1 1/2 cups  
feta 2 small slices  
parmesan 2 tablespoons  
eggs 8-9  
mozzarella 6 slices

### grains

rolled oats 2/3 cup  
oat flour 1/2 cup  
whole grain bread 7-8 slices  
brown rice cakes 7-8  
whole grain large tortilla 1

### beans

black beans/kidney beans 1 cup  
white beans 1 cup  
chickpeas 3/4 cup  
red lentils 3/4 cup  
yellow beans 1 cup  
sweet corn 1/3 cup

### canned/jarred

dijon mustard 1 teaspoons  
hummus 1 cup  
olives 1/2 cup (around 15)  
plum canned tomatoes 1/2 can  
basil pesto 1 teaspoon  
tomato sauce 1-2 tablespoons

### nuts

almonds 1 cup  
almond milk 1 1/2 cups  
almond butter 2 tablespoons  
peanuts (unsalted) 1 1/3 cups  
walnuts 1 1/4 cup  
peanut butter 3 tablespoons  
walnuts 1 cup