

## YOUR PREP-AHEAD SHOPPING LIST

### VEGGIES & FRUITS

- 2 medium zucchini
- 1 red or orange bell pepper
- 1 yellow onion
- 1 head garlic
- 1 bunch curly kale
- 1 lemon (plus 2 additional lemons, optional)
- 1 small bunch fresh chives
- 2 leeks
- 1 bunch Swiss chard (6 large leaves)
- 2 large avocados
- 2 large limes
- 1 large head green cabbage
- 1 carrot (plus additional carrots, optional)
- 1 stalk celery
- 6 oz cremini mushrooms
- 11 oz green beans
- 2 ears corn
- 1 pint cherry or grape tomatoes

- 1 potato of your choice, optional
- 1 vine tomato, optional
- 1 pkg sprouts, optional
- 1 jicama, optional
- 1 bunch asparagus, optional
- 1 small bunch spinach, optional
- 1 4-oz container mixed greens, optional
- 1 small bunch rosemary, optional

### WHOLE GRAINS

- 1 bag whole-wheat pastry flour (or gluten-free all-purpose blend)
- 1 pkg whole-wheat lasagna noodles
- 1 box tricolor quinoa
- 1 loaf whole-wheat bread, optional
- 1 box whole-grain fusilli, optional

### NUTS, SEEDS & OILS

- 1 bag blanched almond flour
- 1 bag ground flaxseeds
- 1 bag hemp hearts
- 7 oz raw unsalted cashews
- 2½ oz raw unsalted walnuts
- 1 jar natural creamy unsalted almond butter, optional

### PROTEINS

- 1 15-oz BPA-free can navy beans
- 1 15-oz BPA-free can chickpeas
- 1 15-oz BPA-free can black beans or chickpeas
- 1½ cups full-fat feta or soft nut cheese, optional
- 1 8-oz container whole-milk Greek yogurt
- 1 8-oz pkg organic tempeh

### EXTRAS

- 1 container baking powder
- 1 box baking soda
- 1 bottle ground cinnamon
- 1 jar coconut oil
- 1 jar pure maple syrup
- 1 bag unsweetened raisins
- 1 bottle olive oil
- 1 jar pitted olives, optional
- 1 container nutritional yeast
- 1 bottle garlic powder
- 1 bag arrowroot powder
- 1 bottle ground cumin
- 1 bottle cayenne pepper
- 1 bottle caraway seeds
- 1 container yellow miso
- 1 jar all-natural marinara sauce
- 1 container all-natural pesto, optional
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle smoked paprika or ground chipotle pepper, optional
- 1 container unsalted pumpkin seeds, optional