

## WEEK 2: SHOPPING LIST

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### PROTEINS & DAIRY

- 1 qt milk (dairy or unsweetened nondairy)
- 1 dozen eggs
- 1 lb chicken wings
- 8 oz nitrate-free deli turkey breast slices
- 4 ½-inch-thick bone-in lamb loin chops
- 8 oz trout fillet
- 2 4-oz wild salmon fillet
- 4 oz lox

### VEGGIES & FRUITS

- 3 apples
- 1 banana (freeze ½ banana)
- 8 lemons
- 3 oranges
- 2 avocados
- 1 cucumber
- 1 zucchini
- 1 carrot
- 1 stalk celery
- 2¼ lb asparagus
- 1 bag frozen blueberries
- 5 oz fresh baby spinach
- 1 head butter lettuce
- 1 bag shredded cabbage mix
- 1 carton bean sprouts
- 1 large bunch fresh basil
- 1 bunch fresh chives
- 1 bunch fresh mint
- 1 jicama
- 2 red potatoes
- 1 box grape tomatoes

### NUTS, SEEDS & OILS

- 1 jar coconut oil
- ⅓ cup raw cashews
- 1 oz pine nuts

### EXTRAS

- 1 bottle red wine vinegar (**TRY:** Eden Foods Red Wine Vinegar)
- 1 tube tomato paste
- 1 jar whole-grain mustard
- 1 carton baking powder
- 1 bottle garlic powder
- 1 bottle onion powder
- 1 bottle chile powder
- 1 bottle ground cumin
- 1 bottle red pepper flakes
- 1 bottle ground turmeric