

WEEK 1: SHOPPING LIST

PROTEIN

- 1 dozen eggs
- 1 quart milk (dairy or unsweetened nondairy)
- 2 5-oz boneless, skinless chicken breasts
- 4 3-oz chicken sausage links
- 8 oz nitrate-free deli turkey breast slices
- 8 oz medium shrimp, peeled and deveined
- 8 oz skinless cod

VEGGIES & FRUITS

- 2 apples
- 2 bananas
- 3 pears
- 4 lemons
- 1 bunch kale
- 8 oz spring lettuce mix
- 1 bag microgreens
- 6 baby bok choy
- 1 cucumber
- 1 zucchini
- 2 red bell peppers
- 4 oz fresh green beans
- 1 avocado
- ½ lb asparagus
- 1 red beet
- 5 shallots
- 2 leeks
- 1 head garlic
- 1 5-inch piece fresh ginger

- 4 oz mushrooms
- 2 makrut lime leaves, fresh or dried
- 2 stalks lemongrass
- 1 bunch fresh mint
- 1 bunch fresh cilantro
- 1 sweet potato
- 2 red potatoes
- 1 bag frozen strawberries
- 1 15-oz bag frozen riced cauliflower

WHOLE GRAINS & FLOURS

- 1 bag quinoa
- 1 bag almond flour
- 1 bag cassava flour
- 1 bag tapioca starch

NUTS, SEEDS & OILS

- 1 bottle avocado oil
- 1 bottle extra-virgin olive oil
- 1 bottle toasted sesame oil
- 1 jar olive oil mayonnaise
- 1 jar raw almond butter
- 4 oz raw pumpkin seeds
- 2 oz shelled sunflower seeds
- 1 jar chia seeds
- 1 bag hemp hearts (**TRY:** Manitoba Harvest Hemp Hearts)
- 1 bag ground flaxseeds

EXTRAS

- 1 can unflavored sparkling water
- 1 quart low-sodium chicken broth
- 1 container collagen (**TRY:** Vital Proteins Collagen Peptides)
- 1 15-oz BPA-free can full-fat coconut milk
- 1 bottle green curry paste
- 1 jar capers
- 1 bottle coconut aminos
- 1 container nutritional yeast
- 1 bottle ground cinnamon
- 1 bottle pure vanilla extract
- 1 bottle smoked paprika
- 1 bottle sesame seeds
- 1 bottle sea salt
- 1 bottle black pepper
- 1 bottle dried dill