

SHOPPING LIST

PROTEINS, DAIRY & DIPS

- 8 oz medium shrimp, peeled and deveined
- 1 12-oz package chicken apple sausage (4 links) (**TRY:** Applegate Organics Chicken & Apple Sausage)
- 2 dozen large eggs
- 1 qt plain unsweetened almond milk (**TRY:** Elmhurst Unsweetened Almond Milk)
- 5 4-oz boneless, skinless chicken thighs
- 3.5 oz Parmesan cheese
- 4 oz shredded mozzarella cheese

NUTS, SEEDS & OILS

- 1 bottle avocado oil (**TRY:** Chosen Foods 100% Pure Avocado Oil)
- 1 cup chopped raw unsalted walnuts
- 1 bag hemp seeds (**TRY:** Manitoba Harvest Hemp Hearts)
- 1 jar raw almond butter

VEGGIES & FRUITS

- 5 apples
- 4 small beets
- 2 bunches fresh basil
- 1 lb Brussels sprouts
- 1 head cauliflower and 1 16-oz bag riced cauliflower (**TIP:** You can also make your own riced cauliflower by pulsing in the food processor. If making your own, purchase a total of 3 heads cauliflower.)
- 8 cloves garlic
- 1 hothouse cucumber
- 1 bag baby kale (or regular kale)
- 8 lemons
- 3 oz mushrooms
- 2 yellow onions
- 3 pears
- 2 red bell peppers
- 2 sweet potatoes
- 3 zucchini

GRAINS

- 1 bag quinoa
- 1 bag sprouted rice blend (red, brown and black) or brown rice

PANTRY STAPLES & EXTRAS

- 1 bottle cinnamon
- 1 bottle dried oregano
- 1 9-oz jar Kalamata olives
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 container baking soda
- 1 14-oz can BPA-free black beans
- 1 14-oz can BPA-free artichoke hearts
- 1 qt low-sodium chicken stock or bone broth
- 1 bag almond flour
- 1 container hummus
- 1 container pico de gallo