

## WEEK 1: SHOPPING LIST

### PROTEINS

- 1 dozen large eggs
- ½ lb lean ground turkey
- 2 lb boneless, skinless chicken breasts
- 3 5-oz BPA-free cans wild tuna in water
- 2 5-oz BPA-free cans wild salmon in water
- 12 oz haddock or cod fillets
- 1½ lb lean ground organic beef

### VEGGIES & FRUITS

- 1½ pints blueberries
- 3 limes
- 1 pineapple
- 5 avocados
- 3 heads romaine lettuce
- 1 large head iceberg lettuce
- 8 oz baby spinach
- 1 small bunch kale
- 1¼ lb bok choy
- 14 oz carrots
- 9 oz parsnips
- 2 cucumbers
- 7 oz white mushrooms
- 2 yellow onions
- 1 red onion
- 3 green onions
- 1 large head garlic

- 1 3-inch piece fresh ginger
- 1 jalapeño
- 1 bunch fresh basil
- 1 small bunch fresh cilantro
- 1 spaghetti squash (5 to 6 lb)
- 2 small sweet potatoes
- 6 vine tomatoes
- 1 bunch parsley
- 3 stalks celery
- 5 oz white mushrooms
- 1 head cauliflower

### NUTS, SEEDS & OILS

- 1 jar ghee (**TRY:** Pure Indian Foods Grass-fed 100% Organic Ghee)
- 1 bottle extra-virgin olive oil
- 1 bottle avocado oil
- 1 bottle sesame oil
- 4 oz chopped pecans
- 4 oz sesame seeds
- 1 small bag almond flour
- 1 small bag coconut flour

### PANTRY STAPLES

- 1 jar Kalamata olives
- 1 bottle balsamic vinegar
- 1 bottle hot sauce
- 1 bottle coconut aminos
- 1 bag arrowroot
- 1 bottle paprika
- 1 bottle cayenne pepper
- 1 bottle red pepper flakes
- 1 bottle ground cinnamon
- 1 bottle ground turmeric
- 1 bottle sea salt
- 1 bottle black pepper
- 1 bottle coconut oil
- 1 bottle cumin
- 1 bottle oregano
- 1 28-oz can diced tomatoes
- 1 small can or tube tomato paste
- 1 bottle dried parsley
- 1 bottle dried oregano