

WEEK 1: SHOPPING LIST

PROTEINS & DAIRY

- 24 oz milk (dairy or unsweetened nondairy)
- ½ dozen eggs (hard-boil 4)
- 24 oz full-fat plain Greek yogurt
- 1 4-oz boneless, skinless chicken breast
- 8 oz shredded goat's milk mozzarella
- 1 12-oz carton organic firm tofu
- 1 lb large raw shrimp

VEGGIES & FRUITS

- 2 avocados
- 1 banana
- 3 limes
- 1 lemons
- 3 red bell peppers
- 5 oz shiitake mushrooms
- 1 lb baby spinach
- 1½ lb kale
- ½ lb Swiss chard
- 2 heads broccoli
- 2 stalks celery
- 1 head garlic
- 1 1-inch piece fresh ginger
- 6 Medjool dates
- 3 small yellow onions
- 1 bunch green onions
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 2 large sweet potatoes

WHOLE GRAINS

- 1 bag quinoa
- 1 box seeded whole-grain crackers (**TRY:** Mary's Gone Crackers Original)
- 1 cup brown rice

NUTS, SEEDS & OILS

- 2½ oz raw almonds
- 5 oz raw pumpkin seeds
- 2 oz chia seeds
- 2½ oz sesame seeds
- ½ oz sunflower seeds
- 1 8.5-oz can full-fat coconut milk
- 1 cup unsweetened shredded coconut
- 1 jar coconut oil
- 1 bottle avocado oil
- 1 bottle tahini

PANTRY STAPLES

- 1 bag raw cacao nibs (**TRY:** Navitas Organics Cacao Nibs)
- 1 19-oz can chickpeas
- 24 oz low-sodium chicken broth
- 1 28-oz can unsalted diced tomatoes
- 1 small can or tube tomato paste
- 1 bag nutritional yeast
- 1 bag arrowroot powder
- 1 bottle tamari
- 1 bottle fish sauce
- 1 bottle pure maple syrup
- 1 bottle ground cinnamon
- 1 bottle ground cloves
- 1 bottle ground cumin
- 1 bottle ground ginger
- 1 bottle ground nutmeg
- 1 bottle garlic powder
- 1 bottle cayenne pepper
- 1 bottle chile powder
- 1 bottle red pepper flakes
- 1 bottle oregano
- 1 bottle paprika
- 1 bay leaf
- 1 bottle sea salt
- 1 bottle black pepper