



Shopping List

Week 2

Produce:

Bananas
Salad greens
Fruit of choice
Avocados
Celery
Spinach
Veggies of choice
Basil
Cherries (fresh or frozen)
Kale
Lemons
Onion
Mushrooms
Limes
Tomatoes
Peppers
Cilantro
Sweet potatoes
Blueberries (fresh or frozen)
Butternut squash
Garlic

Dairy and Eggs:

Milk or almond milk
Plain greek yogurt
Eggs
Goat cheese
Shredded cheddar

Canned goods:

Vegetable broth
Tomato sauce
Diced tomatoes
Kidney beans
Chickpeas
Black beans
Artichokes
Marinara sauce
Pumpkin

Proteins:

Canned tuna
Chicken breasts
Tempeh
Ground turkey

Pantry Staples:

Olive oil
Coconut oil
Salt
Black pepper
Garlic powder
Coffee/espresso beans
Dried oregano
Dried thyme
Cumin
Cayenne
Ground cloves
Nutmeg

Condiments:

Tamari
Nut butter of choice
Salsa

Dry goods/Grains/Breads:

Rolled oats
Nutritional yeast
Quinoa
Brown rice
Ground flaxseed
Dried fruits, nuts, and seeds of choice (raisins, cranberries, walnuts, almonds, chia seeds, etc.)
Whole wheat pita bread
Whole wheat or corn tortillas
Whole wheat bread