



Shopping List

Week 3

Produce:

Avocados
Lemons
Garlic
Grapes
Bananas
Celery
Spinach
Sweet potatoes
Green peppers
Tomatoes
Bok choy
Cilantro
Parsley
Red onion
Shallots
Onions
String beans
Limes
Veggies of choice

Dairy and Eggs:

Feta cheese
Milk/Almond milk
Eggs
Shredded cheddar
Plain greek yogurt

Canned goods:

Black beans
Chickpeas
White beans
Diced green chilies
Pitted black olives
Pumpkin
Coconut milk
Vegetable and/or
Chicken broth

Meat/Fish:

Canned salmon
Chunk light tuna
packets
Chicken breasts
Rotisserie chicken

Condiments:

Salsa
Dijon mustard
Chili-garlic sauce
Hummus
Nut butter of choice
Barbeque sauce
Red wine vinegar
Honey
Fish sauce

Pantry Staples:

Olive oil
Balsamic vinegar
Salt
Black pepper
Cinnamon
Chili powder
Cayenne pepper
Cumin
Cloves
Oregano
Garlic powder
Dried mustard
Smoked paprika
Pumpkin pie spice

Dry goods/Grains/Breads:

Rice
Quinoa
Lentils
Sliced almonds
Rolled oats
Ground flaxseeds
Walnuts
Almond meal
Raisins
Other nuts and seeds of choice
(pecans, hemp seeds, pumpkin
seeds, etc.)
Cornflakes
Whole wheat pita bread
Whole wheat or corn tortillas
Whole wheat bread