



# Shopping List

## Produce

- 1 bunch carrots
- 1 cucumber
- 1 pack cherry/grape tomatoes
- 4 parsnips
- 8 stalks celery
- 2 leeks
- 4 belgian endives
- 1 bunch green onion
- 2 heads garlic
- 2 shallots
- baby greens (1 handful needed)
- 1 head cauliflower
- 1 bulb fennel
- 1 avocado
- 1 lemon
- 2 apples, any variety
- 1 banana
- 1-2 oranges, any variety
- 1 pack fresh berries of choice

## Dairy/Eggs/Refrigerated

- plain greek yogurt (1 cup needed)
- plain hummus (1 small container)
- 1 small loaf Manna or Ezekiel bread  
(substitute any sprouted grain bread)

## Pantry

- avocado oil
- liquid aminos
- raw apple cider vinegar
- dijon mustard
- 15.5 oz cannellini beans
- hemp seeds (3 Tbsp. needed)
- hemp oil (½ Tbsp. needed. can sub olive or avocado oil)
- chia seeds (¾ Tbsp. needed)
- plain muesli—no sugar added (¼ C needed)
- raw almonds (6 Tbsp. needed)
- nut butter of choice (3 Tbsp. needed)
- salt
- cinnamon
- natural sweetener—e.g. raw honey or maple syrup (1 tsp. needed)
- optional: hemp protein powder (or any protein you have at home)

## Protein

- 2 Chilean sea bass fillets (or other white fish), thawed if previously frozen
- 2 Grass-fed petite filet mignon

\*\*\*for vegetarian/vegan—replace with tofu, tempeh, or desired protein substitute.

\*\*\*for non-seafood—replace with free range chicken breast