



Shopping List

Produce

- 1 cucumber
- 1 pack cherry/grape tomatoes
- 1 avocado
- 1 bunch carrots
- 10 snap peas
- 1 apple
- 1 banana
- 2 lemons
- 1 lime
- 1 small pack of fresh or frozen berries of choice (for smoothie)
- Baby greens (~5 C needed)
- 1 medium spaghetti squash
- 2 red onions
- 2 red bell peppers
- Garlic (~7 cloves needed)
- Cabbage (~½ head needed)
- Cilantro (~¼ bunch needed)
- 1 bunch green onions

Spices/Herbs

- Cumin
- Curry powder
- Chili powder
- Cinamon

Dairy/Eggs/Refrigerated

- 2 eggs
- Plain hummus (1 small container)
- 1 small loaf Manna or Ezekiel bread (substitute any sprouted grain bread)

Pantry

- Olive oil
- Bragg's liquid aminos
- Raw almonds (at least 4 oz—leftovers are good for snacking)
- 1 qt. beef stock
- Nut butter (~4 Tbsp. needed)
- 1-28oz can crushed tomatoes
- 1-8oz can tomato paste
- 1-15oz can black beans
- 1 can coconut milk
- Buckwheat (½ C needed)
- Hemp oil (or sub olive or avocado oil)
- Hemp seeds
- Chia seeds
- Optional: hemp protein powder (or any protein you have at home)

Protein

- 1.5 lb. boneless skinless chicken thighs
- 1 lb. shrimp (or other seafood or protein)
- 1 lb. ground beef
- ***for vegetarian/vegan—replace with tofu, tempeh, or desired protein substitute