

Shopping List: Mountain Trek At Home | 4 Servings

July 10-12

4 Servings

Produce

- 1 cucumber
- 1 bunch spinach (packaged ok)
- 1 pack cherry tomatoes
- 1 small bag baby carrots
- 1 bunch carrots
- 1 bunch celery
- 1 small yellow onion
- 1 red bell pepper
- 1 jalapeno
- garlic - 11 cloves (about 2 bulbs)
- 3 limes
- 1 lemon
- 1 bunch fresh cilantro
- 1 red onion
- 1 bunch swiss chard
- 2 fresh mangos (frozen is ok)
- 1 package riced cauliflower (usually frozen) or 1 head fresh or 1 bag florets
- 1 small piece fresh ginger or jarred minced ginger
- 1 bunch green onions
- 4 baby bok choy
- snap peas (about 30 peas)
- 1 apple
- 2 bananas
- fresh berries of choice (1 small container for breakfast)
- frozen berries of choice (1 small pack for smoothie)

Pantry

- hemp oil (or olive/avocado oil)
- virgin coconut oil
- brown rice

- vegetable stock
- 1 can tomato sauce (no sugar added)
- 1 can black beans
- bragg's liquid aminos or tamari sauce
- smooth almond butter
- nutritional yeast
- rice wine vinegar or apple cider vinegar
- honey
- 1 can coconut milk
- sesame oil
- sunflower seeds (shell-less)
- organic long rolled oats
- pumpkin seeds
- raw almonds (at least 8 oz—leftovers are good for snacking)
- real maple syrup
- 3 tbsp hemp protein powder (ok to use any protein powder already at home)
- 1.5 tbsp chia seeds
- 2 tbsp hemp seeds
- 1 cup unsweetened almond milk (optional for smoothie—can replace with water to reduce ingredients)
- slivered almonds (optional for granola—can sub raw almonds to reduce ingredients)
- pure vanilla extract (optional)
- pure almond extract (optional)

Spices/Herbs

- kosher or sea salt
- cumin
- chili powder
- curry powder
- chinese five-spice
- cinnamon

Dairy/Eggs/Refrigerated

- 1 dozen large eggs
- cottage cheese (1 small container)
- plain greek yogurt (1 small container | can sub plain regular yogurt)
- plain hummus (1 small container)

Protein

- 4 free-range organic boneless skinless chicken breasts (4-5oz ea if possible)
- white fish (such as halibut, mahi-mahi, or swordfish) or scallops (4-5oz portions if possible)
- ***for vegetarian/vegan—replace chicken and seafood with tofu, tempeh, or desired protein substitute