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**SHOPPING LIST**


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**Baking**

- Avocado oil  $\frac{1}{4}$  cup
- Coconut oil 2 tablespoons
- Olive oil  $\frac{5}{8}$  cup
- Sesame oil 1 teaspoon
- White vinegar 1 teaspoon

**Breakfast**

- Birch Benders Pancakes.
- Eggs 2
- Granola
- Maple syrup 2 tablespoons
- Oatmeal
- Yogurt (dairy-free)

**Canned Goods**

- Wild caught tuna 1 can
- Kalamata olives  $\frac{1}{2}$  cup
- Lentil Soup
- Pickles and Olives
- Crushed tomatoes 1 can (26 or 29.5 ounces)

**Condiments**

- Dijon mustard 4 teaspoons
- Veganese  $\frac{1}{4}$  cup
- Red wine vinegar 1 tablespoon

**Dairy**

- Non-Dairy Milk 4 cups

**Deli**

- Hummus
- Lunchmeat  $\frac{1}{4}$  pound
- Turkey  $\frac{1}{2}$  pound

**Dry Goods**

- Coconut aminos  $\frac{3}{8}$  cup
- Nut butter
- Quinoa
- Siete brand grain-free wraps

**Frozen**

- Frozen wild blueberries 1 cup
- Frozen stir fry mix 1 bag
- Frozen mango 1 cup

**Liquor**

- Cider 1 can

**Meat**

- Cooked bacon 4 strips
- Ground beef 2 pounds *grass fed preferred*
- Chicken 1 cup *cooked*
- Chicken thighs 1 pound
- Whole chicken 1
- Chicken bone broth 7 cups
- Fillet white fish 1
- Smoked Salmon
- Ground turkey 4 pounds

**Produce**

- Artichoke hearts  $\frac{1}{4}$  cup
- Avocado 3
- Banana 4
- Carrot 6 *optional*
- Carrot 4  $\frac{1}{2}$  cups
- Celery
- Celery 4 stalks
- Celery 2  $\frac{1}{4}$  cups
- Chard 1 cup
- Cucumber  $\frac{1}{2}$
- Cucumber  $\frac{1}{4}$  cup or pickles
- Dill 4  $\frac{1}{2}$  teaspoons
- Fresh Fruit
- Garlic 3 cloves
- Garlic  $\frac{1}{2}$  cup
- Ginger  $\frac{1}{2}$  teaspoon
- Guacamole
- Iceberg lettuce 1 head
- Kale 2 cups

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**SHOPPING LIST (CONT...)**
**Spices (Cont...)**
**Produce (Cont...)**

- Kiwis** 4
- Lemon** 1
- Lettuce** 1 head
- Lime juice** 2 tablespoons
- Mushrooms** 1 cup
- Green onion** 10
- Onion** 4
- Onion** 1 large
- Red onion** ½
- Dried parsley** 1 ½ teaspoons
- Parsley** 2 tablespoons
- Parsnip** 1
- Green pepper** ½
- Yellow pepper** ½
- Sweet potato** 12
- Romaine lettuce** 1
- Rosemary** 1 ½ teaspoons
- Rutabaga** 1
- Salad mix** 1
- Spaghetti squash** 1
- Spinach** 2 cups *or kale*
- Spring mix** 2 cups
- Tomato** 1

**Snacks**

- Larabar**
- Mixed Nuts**
- Plantain chips**
- Sweet potato chips**

**Spices**

- Bay leaf** 1
- Cayenne pepper** 1 teaspoon
- Chili powder** 2 tablespoons
- Cinnamon** 2 teaspoons
- Cumin** 1 teaspoon

- Curry powder** ½ teaspoon
- Garlic powder** 1 tablespoon
- Ginger powder** ½ teaspoon
- Simple Mills brand crackers**
- Onion powder** 1 tablespoon
- Potatoes** 4
- Sage** 1 ½ teaspoons
- Salt** 1 tablespoon *sea salt preferred*
- Thyme** 1 ½ teaspoons
- Turmeric** 1 teaspoon