

Your Grocery List: Remember that the pantry items are one-time purchases and will last quite some time. Also, try to go to the bulk section of the store when possible because it is so much cheaper than buying items pre-packaged.

Produce

- 2 16 oz. packages of Baby Bella or White Button Mushrooms
- 4 Tomatoes
- 3 Bell Peppers
- 2 Zucchini
- 1 bunch of Green Onions
- 1 Yellow Squash
- 1 red Onion
- 3 Avocados
- 1 bunch of Romaine leaves
- 1 bag of Spinach (10+ oz.)
- 1 bag of Kale or Mixed Greens (10+ oz.)
- 2 Lemons
- 1 Apple
- 4 Bananas
- 1 bunch Cilantro
- 1 bunch Basil

Dairy

- 1 carton Milk (I recommend coconut or almond)
- 17.6 oz. plain Greek Yogurt
- 1 ½ dozen Eggs
- 1 package shredded Mozzarella or Feta
- 1 package shredded low-fat Cheddar Cheese

Meat

- 1.25 lbs. ground Turkey
- 1 pound large Shrimp, peeled and deveined
- 1 lb. Steak, cubed
- 5 boneless, skinless Chicken Breasts

Frozen

- 1 small package frozen/fresh Blueberries
- 1 small package frozen/fresh Strawberries
- 1 large package of frozen Mixed Berries (20+ oz.)
- 1 cup frozen Veggies (ie: Broccoli)
- 1 small package frozen Corn

Bulk

- 2 cups brown Rice
- 12 cups Oats (96 oz.)
- ¾ cup Walnuts
- 1 ¼ cups Almonds
- ½ cup Pecans
- ¼ cup Cashews
- ¼ cup Pistachios
- ¼ cup Sunflower Seeds
- ¼ cup Pumpkin Seeds
- ¼ cup dried Cranberries/Raisins
- ¼ cup dark Chocolate Chips
- ½ cup shredded Coconut flakes
- 1 container of Protein Powder (chocolate or vanilla)
- 1 packet of powdered [Greens](#)

Baking

- Black Pepper
- Sea Salt
- Chili Powder
- Paprika
- Turmeric
- Cumin
- Red Pepper Flakes
- Oregano
- Cinnamon
- ground Ginger
- ground Cloves
- Vanilla Extract
- Baking Powder
- Baking Soda
- 1 small package of Cane Sugar/Maple Syrup
- 1 small package of Brown Sugar/Agave Nectar
- 2 cans 100% pure canned Pumpkin
- 1 jar Coconut Oil
- 1 small jar Olive Oil

- 1 can of Olive Oil Spray

Pantry

- 1 small jar Almond Butter
- 1 small jar natural Jam/Jelly
- 1 small jar Honey
- 1 small jar Thai sweet chili sauce
- 1 small jar Tahini Sauce
- 1 small jar Pesto Sauce
- 1 small can Artichoke Hearts
- 1 can organic Refried Black Beans
- 1 can Black Beans
- 2 cans roasted Tomatoes
- 2 small cans of sliced Black/Green Olives
- 1 jar Pizza Sauce
- 1 packet of low sodium Taco Seasoning (or make your own)
- 1 32 oz. container of Vegetable/Chicken Broth
- 1 whole wheat (or GF) 12" pizza Crust
- 12 Skewers