

Shopping list – Week 1

Produce	Meat	Center aisles
Fresh Fruit 2 apples 2 lemons 1 pineapple Lemon juice 2 avocados 4 pieces of your favorite snacking fruit 2 bananas Fresh Vegetables 4 sweet potatoes 2 bags onions 5 bell peppers (any color) Green onions 2 lbs. fresh mushrooms 2 bags spinach 1 bag salad greens 2 lbs. carrots 1 small butternut squash 1 leek 3 shallots 1 lb. green beans 1 head cauliflower 3 parsnips 2 large or 4 small zucchini 1 head Romaine lettuce 1.5 lbs. mushrooms Fresh Herbs Rosemary Ginger Parsley Thyme 2 heads garlic Chives	Butcher's Counter 1 lb. Italian sausage 1 whole chicken 1.5 lbs. pre-cooked ham ½ lb. bacon (or ½ additional lb. sausage) 1 small package prosciutto 1.5 lbs. ground beef or lamb 3 lbs. beef chuck 2-3 lbs. chuck roast Fish Counter 2 cod fillets 4 slices smoked salmon Eggs 21 eggs	Spices and seasonings (if you don't already have them) Paprika Cinnamon Oregano Mint Fats and Oils Olive oil Balsamic vinegar Ghee Canned Foods 1 can tomato paste 2 cans tuna 1 can salmon Other 2 cans coconut milk 1 small package dried cranberries 1 small package pecans (or walnuts, or almonds) Dijon mustard Coconut aminos Honey (optional) Maple syrup (optional) Tapioca starch (optional) 2 squeeze packs of almond butter (or just get a big jar if you like it and want to use it for other things) Nuts, for snacking 1 small tub of olives Beef broth (unless you have your own homemade stock)

Shopping List – Week 2

Produce	Meat	Center aisles
Fresh Fruit Lemon juice 1 Granny Smith apple 3 avocados 4 pieces of your favorite snacking fruit Fresh Vegetables 1 pint grape tomatoes 5 sweet potatoes 9 bell peppers (any color) 2 red onions 2 bags spinach 1 lb. beets Celery 1 bag onions 1 head cabbage 4 zucchini 1 lb. mushrooms 1 tomato 2 lbs. carrots 2 heads cauliflower 1 pint cherry tomatoes 1 rutabaga 2 parsnips 1 eggplant Fresh Herbs Fresh thyme 2 heads garlic Dill weed 2 red chilies 2 green chilies Oregano leaves Chives Basil Frozen Fruit and Vegetables 1 bag frozen berries	Butcher's Counter 4-6 sausages Roughly 4 lbs. boneless pork shoulder (OK if it's a little bigger or smaller) ½ lb. ground beef 8 chicken breasts ½ lb. bacon 2 lbs. beef chuck roast Fish Counter 4 wild salmon fillets Eggs 29 eggs	Spices and seasonings (if you don't already have them) Chili powder Paprika Cumin Cayenne pepper Garlic powder Garlic paste Ginger paste Fats and Oils Red wine vinegar Olive oil Canned Foods 1 28-oz can diced tomatoes 1 15-oz can diced tomatoes 1 can tomato sauce 2 cans tuna 1 can coconut milk Other 1 bag pistachios Dijon mustard Honey Tapioca starch Beef jerky Nuts, for snacking Beef broth (unless you have your own homemade stock)