

Shopping List

Produce

- Lemons (6)
- Limes (2)
- Grapefruit (2)
- Oranges (2)
- Apples (2-3)
- Bananas (2-3)
- Avocado
- Garlic (2 bulbs)
- Onions (2)
- Cucumbers (2)
- Carrots (1 bag)
- Cauliflower (1 head)
- Shitake mushrooms (6-8 oz)
- Eggplant
- Bell peppers (3)
- Sweet potatoes (3)
- Greens (2 bags)
- Zucchini/Yellow squash
- Whole tomato
- Cherry tomatoes (1 pint)
- Cooked beets, 1 container (*Try: Love Beets!*)
- Fresh ginger root, 1 knob (Store in the freezer)
- 1 bunch of each: cilantro, dill, parsley, basil, scallions

Grocery Items

- 1 bag of Grains (*Try: faro, kamut, or wheat berries*)
- 1 bag of garbanzo flour
- Raisins or dates
- 1 can 100% pumpkin puree
- 1 container of Old Fashioned Rolled Oats
- 2 cans of chickpeas
- 1 large jar or BPA-free can of whole peeled tomatoes
- 1 small container of kalamata olives
- 1 jar of capers
- 1 package of nori sheets

Oils/Vinegars/Condiments

- Extra virgin Olive Oil
- Dijon mustard
- Balsamic Vinegar
- 1 container of miso paste

- 1 bottle of rice vinegar
- 1 tube of tomato paste
- Honey
- Vanilla extract
- Pesto (*Try: Hope Hummus Kale Pesto for a dairy-free option*)
- 1 small bottle of toasted sesame oil
- Sriracha or gochuchang sauce
- 1 container of hummus (*Try: Cava Mezze Hummus*)
- 1 container of kimchi (*Try: Wild Brine*)

Nuts/Nut butters

- 1 jar of tahini
- An assortment of raw nuts and seeds: almonds, walnuts, pumpkin seeds, etc

Spices

- crushed red pepper
- dried oregano
- Pumpkin pie spice
- cinnamon
- coriander
- curry powder

Dairy

- A bold cheese like feta or goat *OR* go dairy free (*Try: Kite Hill*)
- 1 quart of plain green Yogurt

Frozen

- 1 bag of frozen quinoa
- 1 package of “real food” veggie burgers (*Try: Hilary’s, or Sunshine Burgers*)
- 1 bag of frozen berries
- 1 frozen bag of artichoke hearts (or BPA-free can)

Meat/Seafood/Eggs

- 1 dozen eggs
- 1 container of smoked salmon
- *Optional:* 1 lb of organic boneless skinless chicken breast or wild caught, or sustainably farm raised salmon