

<i>Prep/Recipes #</i>	<i>Items</i>	<i>Quantity</i>	<i>Notes</i>
<b>Meat/Seafood/Protein</b>			
#2,7,8	Chicken	1 Whole- large	Organic free range
#6,12	Tofu	1 pack	Great item for extra, use in everything
#7	Chicken Breast-Frozen		Keep in freezer for when you get low
#7	Feta	1 pack	Sheep's or goats milk kind in brine only Keeps pretty good, use instead of sour cream, add to any smoothie
#10,13,14	Greek Yogurt-plain	1 container	
#11,13	Salmon	6 oz. per person	Get extra if you are going to make salmon salad
#19	Shrimp - Wild caught	1 LB.	Frozen
#20	Eggs- Free range	1 dozen	They keep
<b>Vegetables</b>			
#3,10,20	Onion-Sweet or yellow	3 Medium	They keep, buy a couple extra
#3	Brussels Sprouts	1 bag	
#3	Carrots	1 bag	Need extra for Prepping snack sticks
#3	Parsnips	2 medium	
#3,9,20	Cauliflower	1 large head	
#3	Purple Potatoes	1 small bag	
#4,7,12,19,20	Broccoli	A lot	
#4,15,18,19	Roma Tomatoes	10 medium	
#4	Zucchini	2 medium	
#5,11,17,22,17,22	Sweet Potatoes	4 medium	Great item, use almost every week, learn how to use this. Great "noodles"
#5,19	Spaghetti Squash	1 medium	
#7,8	Purple Onions	2 medium	
#7,12	Red Bell Pepper	2 large	Use extra for snack sticks Buy every work and work into any recipe, even smoothies
#7,13,19,20	Parsley	1 bunch	
#8,13	Celery	1 bunch	Snack sticks for Humus or anything
#8,9,10,12,15,19	Green onions- Scallions	1 bunch	

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#12	Mushrooms- Crimini	1 pack	
#12	Bok Choy	1 medium	
#13	Mixed Greens	1 Pack	Buy some type of lettuce mix every week. Left over can go in smoothie
#14	Eggplant	1 Large	Use chickpeas as an alternative and make Humus instead
#15	Cilantro	1 bunch	Can use Parsley if you don't like Cilantro
<b>Fruits</b>			
#1,7,11,12,14,18	Lemon	3 large	Buy every week and squeeze on anything for flavor
#2,21	Apples	5 medium	Optional for Roasted Chicken, Buy organic, Get extra for snacks
#15,18	Avocados	3 large	Eat every week. Can be used in any smoothie
#15	Lime	1 large	
#17	Banana	2 or 3	You want them slightly green, it has less sugar. Good snack, doesn't keep long
<b>Flavoring/seasonings</b>			
#1,5,8,9,11,7,9,11,12	Garlic	3 whole	keeps long time
#1,2,3,4,8	Fresh Poultry Herbs	1 pack	Contains Rosemary, Sage and Thyme
#7,12,19	Chicken Broth	2 Quarts	They keep or better yet buy our Organic "Stocked & Loaded"
#7	Kalamata Olives	1 Jar	Chop and add to anything for flavor
#10	Taco Seasoning	1 pack	Read the label for bad additives and choice a good one
#9	Cashew Butter	1 jar	Use as a snack also with vegetable sticks
#9	Nutritional Yeast	1 jar	Vegan cheese option, great flavor to add on anything, even popcorn

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#12	Ginger-Fresh	6 inch piece	Keeps for a long time
#13	Mayo	1 Jar	Find one with Olive oil if you can
#13	Capers	1 jar	They keep and add a lot of flavor. Kind of like an olive but different
#14	Tahini	1 Jar	Keeps forever, Can use whole Sunflower seeds or Sesame seeds if you have Vitamixer
#19	Basil Pesto	1 jar	Read label and get one with olive oil and no preservatives
<b>Frozen Items</b>			
#11	Peas	1 pack	Good item to keep in Freezer, easy quick side or add to rice
#16	Strawberries	1 pack	Get fresh when in season but they don't keep long at all
#18	Ezekiel Sprouted-bread	1 bag	Substitute Gluten free if needed
<b>Misc./Dried/canned goods</b>			
#7	Quinoa	1 lb.	
#10	Salsa	1 jar or can	
#10	Tortillas	1 pack	Use Romaine lettuce as a "taco" for low carb
#16	Oats	1 box	Steel cut-chewy texture or Rolled old fashioned-Creamery -don't buy quick cook kind
#16,21	Pecans	1 bag	
#16, 17	Coconut milk	1 carton	Use no sugar added kind, can use almond milk. If you use canned you will need to cut with water
#17	Chia Seeds	1 pack	keeps for ever in closed container
<b>Pantry Essentials</b>			
#18	Dukkha- King Tut's	1 jar	Buy these items- we will be using them often
#17	Foundation shake	1 container	We sell it on our website
			Ours is the best on the market

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	Butter	1 lb.	Grass fed unsalted. Keeps a long time
	Coconut oil	1 jar	Organic cold pressed
	Peppercorns		
	Sea Salt		Pink Himalayan is good also
	Raw Sugar		
	Bay Leaves		
	Baking Soda		only if brining shrimp
	Olive oil		high quality extra virgin, cold pressed
	Dried Oregano		Or Italian mix
	Tamari		Gluten free
	Maple Syrup		Real stuff not Aunt Jemima
	Balsamic Vinegar		Spend money for good one, may have to go to gourmet store or Williams and Sonoma
	Mirin		You will learn how to use this, good in all stir-fry
	Tamari		The real Soy Sauce, Gluten free
	Cumin		
	Cinnamon		Ceylon kind is better but harder to find. Cassia has some compounds that are bad if you eat a lot small amounts are no problem