

Recipe #s	Items	Quantity	Notes
			Keep frozen chicken breasts, salmon, shrimp, ground beef on hand
	Meat/Seafood/Protein		
#10	Tofu		Great item for extra, use in everything
	Beef-Grass Fed		Buy and freeze
	Chicken Breast-Frozen		Keep in freezer for when you get low- organic free range
	Feta		Sheep's or goats milk kind in brine only- keeps well
	Greek Yogurt-plain		Keeps pretty good, use instead of sour cream, add to any smoothie
#11	Salmon	6 oz. per person	Buy frozen and keep in freezer all the time, the "fresh" at the market is just stuff they thawed
	Shrimp - Wild caught	1 LB.	Frozen
#10,14,17,18	Eggs- Free range	1 dozen	They keep
#4,14	Milk		Substitute Almond milk for Dairy free
#10	Ricotta cheese		One of the few cheeses made with whey instead of casein
#10	Mozzarella		
	Vegetables		
#3,4,5,6,8,10,11	Onion-Sweet or yellow		They keep, buy a couple extra
	Brussels Sprouts		
#1,3,5	Carrots	1 bag	Need extra for Prepping snack sticks or buy precut in water
#8	Collards	2 bunches	
		Heads, not loose cut	
#9	Romaine Lettuce		
	Parsnips		
#1,4,7	Cauliflower	1 large head or more	You can buy precut "rice" in a bag for recipe #7 or use food processor and pulse to make rice
#6	Radish		

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#4	Potatoes- Yukon Gold	4 medium	Buy extra if you are not going to use a Rutabaga but want to make the soup
#6	Jicama		buy precut packed in water in produce section. Great snack
#7	Asparagus	1 bunch	
#14	Acorn Squash	1 large	
	Potatoes-Purple		
#1	Broccoli		
#3,6,17	Roma Tomatoes	8 medium	
#10	Zucchini	2 medium	
	Sweet Potatoes		Great item, use almost every week,
	Spaghetti Squash		learn how to use this. Great "noodles"
#5	Rutabaga	1 large	
	Purple Onions		
#7	Beets	4 medium	
			the bagged ones seem to stay crisp longer. If buying loose ones
#7	Green Beans	1 bag	make sure they are crisp
#10	Red Bell Pepper	2 large	Use extra for snack sticks
#1,6,7,7,10,11	Parsley	1 bunch	Buy every work and work into any recipe, even smoothies
#1	Celery	1 bunch	Snack sticks for Humus or anything, or but precut in water
	Green onions- Scallions		
#10	Mushrooms- Crimini	1 pack	
#2,7,11	Mushrooms- Shiitake	1 pack	
#2,7,7,8,11	Shallot		They keep
#11	Bok Choy	1 medium	
			Buy some type of lettuce mix every week. Left over can go in smoothie
	Mixed Greens	1 Pack	
	Eggplant		Use chickpeas as an alternative and make Humus instead
#6	Cilantro		Can use Parsley if you don't like Cilantro
#1,2,11	Red Cabbage	1 head	

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#2,6	Cucumber		English ones don't have the wax on them since they are wrapped in plastic
#6	Serrano	1 pepper	Make sure to remove seeds, that's the really hot part
#2,4,10	Spinach		Organic
	Fruits		
#1,2,13,16	Lemon	3 large or more	Buy every week and squeeze on anything for flavor
#1,5	Apples		Organic- mix up types
#16,17	Avocados	3 large	Eat every week. Can be used in any smoothie
	Lime	1 large	
#14	Orange	1 medium	For orange zest-use fine grater You want them slightly green, it has less sugar. Good snack, doesn't keep long
#16	Banana	2 or 3	
#6,8	Lime	2 medium	
	Flavoring/seasonings		
#3,4,7,8	Garlic	3 whole	keeps long time
#9,10	Parmesan cheese		Buy a good one and keep wrapped tight. Last forever
	Fresh Poultry Herbs		Contains Rosemary, Sage and Thyme
#2,6,11	Fresh Mint	1 pack	
#3,5,7,8,11	Chicken Broth		Our Stocked and Loaded is healthier-1 Tbsp. per 6 oz.
	Kalamata Olives		Chop and add to anything for flavor
#3	Chili Powder		
#16	Coconut shreds		
	Taco Seasoning		Read the label for bad additives and choice a good one
	Cashew Butter		Use as a snack also with vegetable sticks Vegan cheese option, great flavor to add on anything, even popcorn
#7	Nutritional Yeast	1 jar	
#1	Ginger-Fresh	6 inch piece	Keeps for a long time
	Mayo		Find one with Olive oil if you can

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	Capers		They keep and add a lot of flavor. Kind of like an olive but different
	Tahini	1 Jar	Keeps forever, Can use whole Sunflower seeds or Sesame seeds if you have Vitamixer
#14	Basil Pesto		Read label and get one with olive oil and no preservatives
	Heavy Cream		
	Frozen Items		
#3,7	Peas	1 pack	Good item to keep in Freezer, easy quick side or add to rice
	Strawberries		Get fresh when in season but they don't keep long at all
#17	Ezekiel Sprouted-bread	1 bag	Substitute Gluten free if needed
#16	Blueberries	1 bag	Buy fresh when in season and priced right
	Misc./Dried/canned goods		
#3	Quinoa	1 lb.	
	Rice- white		
	Salsa		
	Tortillas		Use Romaine lettuce as a "taco" for low carb
	Oats	1 box	Steel cut-chewy texture or Rolled old fashioned-Creamery - don't buy quick cook kind
#3	Tomato Sauce		
#12	Black-eyed Peas- canned		Frozen is good also
#13	Chickpeas	1 can	
#13	Artichoke Hearts	1 can	
#16	Pecans	1 bag	
#2	Mandarin oranges-canned	1 can	
#10	Spaghetti Sauce	1 Jar	Read the label, Stay away from Ragu or other crap. Should have olive oil and no other oils
#7,16	Almond Milk	1 carton	Use no sugar added kind, can use Coconut milk.
#10	Tomato Paste		

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#14	Coconut milk	canned	If using for a smoothie, cut with water. Way too rich
	Coconut milk	1 carton	Use no sugar added kind, can use almond milk. If you use canned you will need to cut with water
#2	Cranberries-dried		
#16	Chia Seeds	1 pack	keeps for ever in closed container
#1	Sunflower Seeds		Keeps for a long time
#2,14	Walnuts		they keep in a container
#1,2,5	Almond Slices		they keep in a container
#2	Pasta-Fusilli or Bowtie		Good Gluten free or Made in Italy wheat pasta
#1	Raisins		
	Pantry Essentials		Buy these items- we will be using them often
#15	Stocked and Loaded	1 bag	
#1	Soul Salt	1 jar	
#7,15	F-Bomb	1 bag	Use our product instead of flour or corn starch for a thickener
#3	Umami Tsunami	1 jar	Adds Savory to any dish
#7,17	Dukkha- King Tut's	1 jar	We sell it on our website
	Foundation shake	1 container	Ours is the best on the market
#7	Gluten Free flour		
#4,5	Butter	1 lb.	Grass fed unsalted. Keeps a long time
#3	Coconut oil	1 jar	Organic cold pressed
#7	Oil-Grape seed	1 bottle	Very high smoke point. Good for cooking at high temps
			white or yellow- it keeps for a very long time, Add at the end
#15	Miso	1 container	since high heat kills off good bacteria
	Peppercorns		
	Sea Salt		Pink Himalayan is good also
#7,14	Raw Sugar		
#5	Bay Leaves		
#2,11	oil- Sesame		

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	Baking Soda		
#1,2,4,7,12,13,18	Olive oil		high quality extra virgin, cold pressed
	Dried Oregano		Or Italian mix
#1,16	Manuka Honey		A good local honey also a good choice
	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
#2,7,11	Mirin		You will learn how to use this, good in all stir-fry
#2,11	Tamari		The real Soy Sauce, Gluten free
#3,12,13	Cumin		
#16	Cinnamon		Ceylon kind is better but harder to find. Cassia has some compounds that are bad if you eat a lot
#1	Rice wine Vinegar		
#5	Curry Powder		
#7,10	Italian Seasoning		
#7	Apple Cider Vinegar		Bragg's Organic is a good one. It has lots of active Enzymes
#7	Mustard		Whole grain or Dijon
#12	Turmeric		Most healthy when used with dishes that contain oils
#13	Tahini		Use raw sunflower seeds as a substitute
#14	Sage		
#17	Red Pepper Flakes		