

SAMPLE SHOPPING LIST

PRODUCE

- ☐ 1 10-ounce container salad greens
- ☐ 2 pounds vegetables to roast (such as Brussels sprouts, beets, broccoli or cauliflower)
- ☐ 1 pound raw salad vegetables (such as cucumbers, tomatoes, bell peppers or radishes)
- ☐ 1 small bunch fresh parsley or basil
- ☐ 1 avocado
- ☐ 1 small container hummus
- ☐ 1 small container Kalamata olives

MEAT AND DAIRY

- ☐ 3 servings (3/4–1 pound raw) of your favorite protein (such as chicken, salmon or skirt steak)
- ☐ 1 dozen eggs
- ☐ 8 ounces cheese (such as feta, soft goat cheese, Parmesan or cheddar)

PANTRY

- ☐ 1 small bag of your favorite whole grain (such as quinoa, amaranth or farro)
- ☐ 1 small bag of almonds
- ☐ 1 loaf 100% whole-wheat bread (or gluten-free)
- ☐ Olive oil
- ☐ Salt
- ☐ Pepper
- ☐ Vinegar or lemon juice
- ☐ A few spices (such as paprika, cumin and chili powder)