

PRINTABLE SHOPPING LIST

Your shopping list can be downloaded from the program materials. But lets take a quick look at the list...

Fruits and Vegetables

Asparagus
Avocado
Baby spinach
Banana
Blueberries
Carrot
Celery
Cherry tomatoes
Corn (fresh or frozen)
Crushed tomatoes
Cucumber
Dried cranberries
Fennel bulb
Grape Tomatoes
Green apple
Honeydew melon
Kale
Kiwi

Fruits and Vegetables (cont)

Lemon
Lime
Mango
Medjool dates
Oranges
Pear
Raisins
Raspberries
Red bell pepper
Red onion
Strawberries
Sweet potato
Tomatoes
Yellow bell pepper
Yellow onion

Grains Quinoa

Condiments and herbs

Anaheim pepper
Apple cider vinegar
Balsamic Vinegar
Black pepper
Chili powder
Cilantro
Cumin
Diced green chilies
Dijon mustard
Dill
Dried oregano
Garlic
Ground Coriander
Hot Sauce
Jalapeno
Olive oil
Maple Syrup
Sea salt

Beans

Black beans
Garbanzo beans (chickpeas)
Kidney beans
Northern beans

Other

Almond milk
Chicken broth
Coconut water
Mahi or other white fish
Pumpkin seeds
Rotisserie chicken
Sliced almonds
Snapper, halibut or cod
Vegetable broth
Walnuts