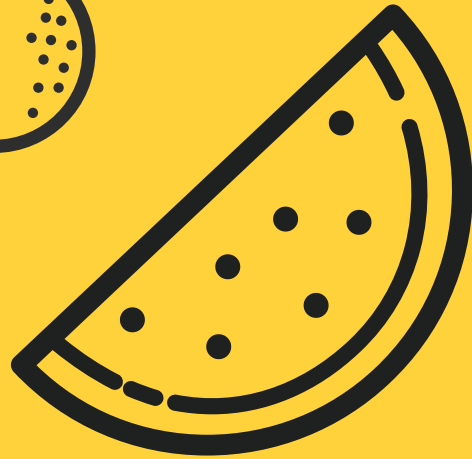


14-Day Healthy You Challenge

Shopping List



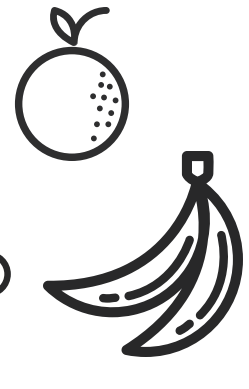
Shopping List FYI

Thanks to the detailed daily meal plans that I created for the Healthy You Challenge, you don't have to make choices about what to eat during the 2-week program. The shopping lists below (one for Week 1 and one for Week 2) will help you plan for the 14-day program. Don't be discouraged by the number of items. Many of them are everyday staples like salt, pepper, olive oil, and Dijon mustard, which you probably have on hand. I've made sure that the lists include everything you need, so you don't have to make repeat trips to the grocery store. You will notice that I don't include how much of each item you should purchase. I assume that you will be preparing different numbers of portions, depending on how many people you are cooking for. The lists are merely a guide to help you stock your pantry.



Elimination Week

(Week 1)



Fruits and Vegetables

- Apple (green)
- Asparagus
- Avocado
- Banana
- Bell Peppers (red & yellow)
- Blackberries
- Blueberries
- Cabbage
- Carrots
- Celery
- Cherry tomatoes
- Corn (fresh or frozen)
- Cranberries (dried)
- Cucumber
- Eggplant
- Fennel
- Grapefruit
- Grape tomatoes
- Kale
- Kalamata olives
- Lemon
- Limes
- Lettuce (mixed or romaine)
- Mango
- Onion (red)
- Onion (yellow)
- Orange
- Raspberries
- Scallions
- Shallots
- Snowpeas
- Spinach
- Strawberries
- Squash (yellow)
- Tomato
- Tomato (crushed, canned)
- Zucchini

Poultry, Eggs and Fish

- Chicken breasts (boneless, skinless)
- Eggs
- Salmon fillets
- Shrimp (medium)

Grains and Beans

- Almond flour
- Black beans
- Chickpeas
- Kidney beans (red)
- Navy beans
- Oats (steel cut)
- Oat flour
- Quinoa (red and white)
- Wraps (gluten-free)

Nuts and seeds

- Almonds (sliced)
- Pecans
- Sesame seeds (black)
- Walnuts

Misc.

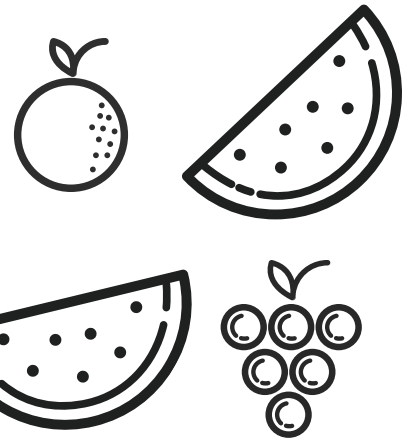
- Almond milk (unsweetened)
- Corn starch
- Feta cheese
- Miso paste
- Pea protein powder (free of artificial colors, flavors, sweeteners)
- Salsa
- Vegetable broth

Spices, Herbs and Condiments

- Balsamic Vinegar
- Basil
- Chili powder
- Cilantro
- Coriander
- Cumin
- Dijon mustard
- Garlic
- Garlic powder
- Ginger (fresh)
- Honey
- Hot sauce
- Mirin (or rice vinegar)
- Olive oil
- Onion powder
- Oregano (dried)
- Paprika
- Parsley (flat-leaf)
- Peanut oil
- Pepper
- Red wine vinegar
- Salt
- Sesame oil
- Soy sauce (or tamari)
- Thyme
- White balsamic vinegar

Clean Week

(week 2)



Fruits and Vegetables

- Apple (green)
- Asparagus
- Avocado
- Banana
- Bell Peppers (red & yellow)
- Blackberries
- Blueberries
- Cabbage
- Carrots
- Celery
- Cherry tomatoes
- Corn (fresh or frozen)
- Cucumber
- Fennel
- Kale
- Lemon
- Limes
- Lettuce (mixed or romaine)
- Madjool dates
- Mango
- Mushrooms (cremini or button)
- Onion (red)
- Onion (yellow)
- Orange
- Pear
- Pineapple
- Raisins
- Raspberries
- Scallions
- Spinach
- Strawberries
- Sweet potato

Poultry, Eggs and Fish

- Chicken breasts (boneless, skinless)
- Chicken thighs (boneless, skinless)
- Cod fillets
- Eggs
- Rotisserie chicken
- Snapper fillets (or halibut)

Grains and Beans

- Almond flour
- Black beans
- Brown rice
- Chickpeas
- Corn tortillas
- Northern beans
- Oats (steel cut)
- Oat flour
- Quinoa (red and white)
- Wild rice

Nuts and seeds

- Pumpkin seeds
- Walnuts

Misc.

- Almond milk (unsweetened)
- Chicken broth
- Maple syrup (pure)
- Pea protein powder (free of artificial colors, flavors, sweeteners)
- Vegetable broth

Spices, Herbs and Condiments

- Anaheim pepper
- Apple cider vinegar
- Bay leaf
- Cilantro
- Dijon mustard
- Dill (fresh or dried)
- Garlic
- Garlic powder
- Ginger (fresh)
- Green chilis (diced, canned)
- Honey
- Jalapeno
- Mint (fresh)
- Olive oil
- Onion powder
- Oregano (dried)
- Paprika
- Peanut oil
- Pepper
- Red-pepper flakes
- Salt
- Sambal oelek
- Soy sauce (or tamari)
- Thyme (dried)
- White wine vinegar