

# shopping list

## check on essentials

extra-virgin olive oil

cold pressed coconut oil

apple cider vinegar

Celtic sea salt

fresh ground pepper

## fruits & veggies

**8-10 servings** of seasonal fruits & veggies for mid-morning snacks

**4-6 servings** of seasonal starchy vegetables (*beets, carrots, squash, sweet potato, etc*)

**4-6 servings** of other hearty veggies (*cauliflower, mushrooms, Brussel sprouts, etc*)

2 apples

1 banana

1 cup mixed berries, fresh/frozen

1 cup blueberries, fresh/frozen

1 pear

1 orange

6 lemons

1 lime

3 bell peppers

2 small zucchini

4 large carrots

5 cups broccoli florets (large head)

¼ cup green peas, fresh/frozen

1 avocado (medium ripeness)

4 cups baby arugula

1 head organic romaine lettuce (or red/green/butter lettuce)

6 cups baby spinach (or baby kale, or chard)

3 bunches of fresh herbs (cilantro, parsley, basil, mint)

1 thumb-size piece fresh ginger

7 cloves garlic

2 red onions

## pantry goods

12 [Medjool dates](#)

¾ cup [hemp hearts](#)

¾ cup of mixed raw nuts and seeds ([pumpkin](#), [hemp](#), [sunflower](#), [cashew](#), etc)

⅔ cup natural nut or seed butter of choice

3 cups [old-fashioned oats](#), gluten-free

4 ½ cups almond milk or other plant based milk

2 tsp raw [cacao powder](#)

2 ½ tbsp maple syrup or [agave nectar](#)

½ cup raisins or [goji berries](#)

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2 tbsp [chia seeds](#)  
1 cup dry [quinoa](#)  
1/4 cup [dry lentils](#)  
1/2 cup [brown rice](#)  
1 cup cooked chickpea or small can  
2 tbsp mustard (yellow, Dijon or stone ground)  
1 1/2 cups (200g) [organic tempeh](#) or tofu  
1 cup [nutritional yeast](#)

## spices

2 tsp cinnamon  
1/2 tsp nutmeg  
1 tsp turmeric powder  
¼ teaspoon smoked paprika or regular paprika will do

## extras

4 slices sprouted whole grain bread  
Store Bought Hummus or the following ingredients for homemade:  
1 1/2 cups cooked chickpea or 15 oz 425 g can  
1 garlic clove  
3 tbsp raw tahini  
2 lemons

## optional

1 tbsp [spirulina](#) or [chlorella](#)  
1/3 cup [cocoa nibs](#) or vegan chocolate  
1/4 tsp ground paprika (for homemade hummus)  
sesame seeds as garnish (for homemade hummus)