

Meat	Fruit	Vegetables	Grains	Dairy	Oils/Vinegar	Spices	Canned Foods	Misc.
-2 dozen eggs	-Banana – 1 bunch	-Avocado -5	-1 container oatmeal*	-1-gallon 1% milk*	-Vegetable oil*	-Garlic, minced bottled or fresh*	-2 can chickpeas	-Flax seeds*
-3.5 lbs chicken breast	-Apples 2-3	-Red onion-2	- 1 bag whole wheat bread*	-1 can parmesan cheese*	-Olive oil*	-Cumin*	-1 can cannellini bean	-Peanut butter*
-1 bag frozen chicken	-1 large bag mixed fruit of your choice or frozen fruit*	-Tomato-1	- 1 package flour tortillas-6 inch - 1 package whole wheat tortillas – 10 inch	- 1 package Cheddar cheese, shredded	-Tahini*	-Paprika*	-1 can 14 oz can artichoke hearts	-Honey*
-1lb ribeye steak		-Green pepper-2	-1 package whole wheat bagel	- 1 8 oz container Low fat sour cream	-Apple cider vinegar	-Red pepper flakes	-2 No salt added tomato sauce	-Lemon juice (or fresh) -Lime juice (or fresh)
-1.5 lbs of salmon		-Zucchini-6 individual	- 1 bag white rice*	-1 package crumbled feta	-Coconut oil	-Parsley*	-1 jar low sodium Salsa	-1 package Dark chocolate chips
-turkey bacon*		-Broccoli-1 head	-1 package sliced swiss cheese	-1 4 pack of butter*	-Balsamic vinegar	-Garlic powder*	-2 containers of low sodium chicken broth	-1 package Cashews -2 cups mixed nuts
		-Corn-4 ears, or 1 can	-1 package Whole wheat burger buns	- 1 package string cheese*	-Rice vinegar	-Onion powder*		-Brown sugar*
		-1 bag Mixed greens - 1 bag of romaine lettuce	-1 package Panko bread crumbs	-6 Nonfat Greek yogurt, assorted flavors		-Chili powder*		-Dijon mustard
		-Radish 1	- 1 bag Orzo	-High Fiber Cereal*		-Bayenne pepper		-Yellow mustard
		-cherry tomatoes 2 packs	-Whole wheat bread*			-black pepper and salt*		-All-purpose flour*
		-Shallots – 1 bunch	-Whole wheat Wheat thins			-Cinnamon		-Low sodium soy sauce*
		-Mushrooms 1 container	-Stacy's Naked pita chips, plain*			-White pepper		-Cornstarch*
		-Yellow onions-5	-Low fat granola*1 bag			-Ginger, minced		-Mirin
		-1 bag of spinach	-Baguette 1			-Basil		-Sugar
		-3 onion sprigs/green onion				-Oregano		-Sesame seeds, optional
		-Butter lettuce 1 head				-Rosemary		-Hummus (or make your own)
		-Sweet potatoes 4				-Steak seasoning		-1 Caesar salad dressing
		-Regular potato 2						-Enlightened Ice cream bars*
		-4 portobello mushroom caps						-Jam/Jelly
		-Jalapeno – 1						
		-1 package Carrots						
		-1 package Celery						
		-1 package mini bell peppers						

- * These are items you may already have extras/leftovers of if you already followed the shopping list for week 1