

Veggies

9 zucchini/yellow squash
1 pkg spinach
1 head lettuce/greens
1 head broccoli
1 bag/bunch carrots
2 beets
1 onion
1 head garlic
1 small knob ginger
4 potatoes (red, Yukon,
or sweet)
1-2 bunches basil
Other salad veggies

Fruits

1 bunch bananas
3 apples
4 oranges
fruit salad fruits (opt)
7 lemons (if desired)

Frozen

1 bag strawberries
1 bag mango
1 bag pineapple
1 bag pomagranate seeds
1 bag mixed veggies
2 bags stir fry veggies

Misc

rice
rolled oats
cocoa powder/ cacao
baking powder
honey/maple syrup
balsamic vinegar
apple cider vinegar
Dijon mustard
1/2 c almonds (or 1/4 c
almond butter)
2 Tbsp pine nuts (opt)
1/4 c pistachios
flax seeds
olive oil/coconut oil
sesame oil
Bragg's Liquid Aminos
protein powder
stevia
BCAAs

Meat/Dairy

1 Qt Non-dairy milk
Butter (opt)
2 oz cheddar cheese (opt)
1 oz Parmesan (opt)
2 oz Mozzarella (opt)
6 oz chicken (opt)
6-8 oz ground turkey (opt)

Canned

1 can beans of choice
1 can diced tomatoes
1 can coconut water

Herbs/Spices

salt
pepper
cinnamon
chili powder
thyme
red pepper flakes
basil?
vanilla
nutritional yeast (if not
using cheese)