

14-21 Day* Shopping/Pantry Checklist

**14 days for fresh goods, 21 days for dry goods*

Vegetables:

Kale - 2-3 bunches
Spinach - 2-3 bunches or 1 big container
Broccoli - 2 heads
Cauliflower - 1 head
Red or Green romaine 1-2 heads
Red or green cabbage 1 head
Parsley 1 bunch
Cilantro 1 bunch
5 lb whole carrots
1 large bunch celery
1 big knob ginger
Beets (if you like them - get 5-6)
Avocados (get some black but mostly green)

Potatoes (10 lb bag)
Sweet potatoes (5 big ones)
Onions (5 lb bag)
5 heads garlic

Fruit:

Apples
Bananas
Citrus
Lemons (5)
Limes (6)

Dry Goods:

Lentils - 1.5 pounds (red or green - get red if you like more Indian/Curry flavors, or green if you like more Mediterranean flavors)
Black beans - 1.5 pounds
White Jasmine rice - 2 lb (can sub brown rice but white rice can be more digestible)
Raw nuts - almonds, walnuts, pecans
Raw seeds - sunflower, pepita (pumpkin)

Frozen vegetables:

baby peas
mixed vegetables

Canned/packaged goods:

canned tomatoes
coconut aminos
organic low-sodium soy sauce
canned coconut milk

additional cans of beans (black beans, garbanzo beans, white beans, pinto beans)
Bouillon cubes (organic, vegetarian) or bouillon paste (Better than Bouillon, veg or chicken)
canned wild salmon

Tips:

Place loose veggies in a plastic bag at store, to help them maintain their freshness longer in the refrigerator.

Focus more on whole foods, vegetables, grains, vegetable proteins, and animal proteins. Limit dairy (shorter shelf life and lower benefit, especially during flu season) and snack foods.

Week One tips:

Eat through your lettuces and spinach and bananas. If spinach isn't gone in 5 days, freeze it.

How to freeze: boil a pot of water. Prep a bowl of ice water and set aside. When the water is at a rolling boil, add salt - about a tablespoon per two quarts. Add the vegetables and blanch until they turn bright green and wilted. Remove veg and plunge immediately into a bowl of ice water. Remove after a minute or two, shake off the excess water and freeze.

canned sustainable tuna
canned sardines
almond butter, sunflower butter or peanut butter
tahini
Thai curry paste

dried pasta, (regular or GF)

Flour, GF flour - 10 lb bag

Baking soda/baking powder
Active dry yeast

Olive oil
Coconut oil

Packaged Non-Dairy/non-refrigerated beverages - hemp milk, oat milk, flax milk, almond milk, etc.

Spices

Sea salt
curry powder
cumin
oregano
chile powder or paprika

Meat + Eggs

Ground beef, turkey or lamb, wrapped in 1lb packages to freeze.
Whole chicken or parts to freeze.

Eggs - organic or local pasture raised if possible - 2 dozen.