



Pantry Items

- olive oil
- salt and pepper
- raw honey
- butter (organic and/or from grass-fed cows is best)
- coconut oil
- cumin
- white whole wheat flour
- apple cider vinegar
- Dijon mustard
- baking soda
- baking powder
- eggs
- Italian seasoning
- cornstarch
- onion and garlic powder
- chili powder
- yeast

Dinner Recipes Shopping List

Salmon en Papillote

- parchment paper
- 4 salmon fillets
- 1 cube high-quality butter
- 1 large bunch asparagus
- 4 potatoes
- lemon
- fresh rosemary

Chicken Fried Rice

- 1 head of bok choy
- frozen peas
- 2 boneless, skinless chicken breasts
- coconut aminos (soy sauce will work, but aminos are better)
- 2 cups rice

Dinner Recipes Shopping List (cont.)

Asian Turkey Cabbage Cups

- fresh ginger
- 1-1/4 lb ground turkey
- green onions (enough for 2 meals)
- fresh parsley
- 2 limes
- fish sauce
- sesame oil
- coconut aminos (or soy sauce)
- Napa cabbage
- raw sunflower seeds

Shredded Pork Tacos

- 1 pork roast (we like the pork sirloin tip roast from Costco)
- 3 tomatoes (for 2 meals)
- 1 head of lettuce (for 2 meals)
- 2 avocados
- tortillas, homemade or store bought ones with few ingredients

Caprese Quinoa Salad

- quinoa
- grape tomatoes
- fresh basil
- 6 ounces soft mozzarella cheese (if you need dairy free, simply skip this ingredient)

Pizza Night

- tomato sauce
- favorite pizza toppings (Go heavy on the veggies and stay away from super processed meats like commercial pepperoni. If you are a pepperoni lover, Applegate is a good brand.)
- mozzarella cheese (buy a block and shred your own to avoid cellulose)

Grilled Meal

- your favorite grilling meat
- zucchini
- potatoes

Lunch Recipes Shopping List

Carrot Soup

- 1 onion
- 6-8 carrots (enough for 4 cups chopped)
- vegetable or chicken stock
- plain yogurt (optional)

Veggies and hummus

- 2 (15 oz) can chickpeas
- 1 lemon
- fresh parsley
- fresh garlic
- sesame oil
- paprika
- veggies for dipping (We love carrot sticks, cucumber slices, chopped bell peppers, jicama, etc.)

Salads

- whatever your favorite salad ingredients are. I also always recommend homemade dressings, or just a squeeze of lemon over the top

Simple Sautéed Greens with Over Easy Egg

- greens of choice (kale, cabbage, Swiss chard, spinach, etc.)
- sweet potato
- eggs

Avocado toast

- whole grain or gluten free bread with few ingredients
- 1 avocado
- salt and pepper

Snack Ideas Shopping List

Fruits and veggies

- Buy tons and tons of fruits and veggies!

Banana "Nice" Cream

- 4-5 frozen bananas
- 1 cup frozen cherries
- chocolate chips
- milk, kefir, or coconut milk

Other snacks:

- salad ingredients
- raw nuts and/or seeds
- popcorn kernels (not the bagged microwave popcorn)

Breakfast Recipes Shopping List

Clean Eating Cranberry Orange Scones

- flaxseed
- 1 orange
- dried cranberries
- whole milk, almond milk, or alternative
- pure maple syrup

Egg-free French Toast

- 2 bananas
- whole milk, almond milk, or alternative
- whole grain bread, or gluten free with few ingredients
- cinnamon
- pure maple syrup

Blueberry lemon muffins

- chia seeds
- 1 lemon
- 1 cup plain yogurt, full fat if possible
- vanilla
- frozen blueberries

Granola

- rolled oats
- flaxseed
- unsweetened shredded coconut
- 1 cup raw seeds, I like sunflower and pumpkin. Can also use nuts.
- cinnamon
- ground ginger

Toad in a Hole

- whole grain or gluten free bread with few ingredients
- eggs

Breakfast Recipes Shopping List (Cont.)

Murky Monster Smoothie

- flaxseed or chia seeds
- 1 banana
- frozen blueberries
- peanut butter, other nut butter, or SunButter
- plain yogurt, full fat (if dairy free, can use coconut yogurt)
- milk (if dairy free, can use alternate milks, but avoid ones with carageenan)
- spinach

Slow Cooker Oatmeal

- steel cut oats (don't try this recipe with regular rolled oats)
- honey or pure maple syrup
- other toppings of choice (fruit, nuts, etc.)

Homemade Plain Yogurt (no dairy free options for this one, sorry guys!)

- 1/4 plain yogurt with live active cultures, or a yogurt starter
- milk
- honey or pure maple syrup
- other toppings of choice (fruit, nuts, etc.)

Simple Sautéed Greens with Over Easy Egg

- greens of choice (kale, cabbage, Swiss chard, spinach, etc.)
- sweet potato
- eggs