

SHOPPING LIST

WHAT I NEED TO MAKE AHEAD OF TIME

Almond Milk (2 batches) | Creamy Avocado dressing
Lemon Basil dressing | Chia Pudding

FRESH ITEMS

IT IS BEST TO PURCHASE ORGANIC WHEN POSSIBLE

FRUITS

- ☐ 1 medium Pineapple (5 cups)
- ☐ 10 medium Avocados
- ☐ 3 small red apples
- ☐ 8 large green apples
- ☐ 4 snack apples (red or green)
- ☐ 5 naval oranges
- ☐ 3 lemons
- ☐ 4 limes
- ☐ 2 jalapeños
- ☐ 3 bananas

VEGETABLES

- ☐ 2 pounds fresh Spinach (17 cups)
- ☐ 1 1/2 pounds fresh Kale (about 8 cups)
- ☐ 1/2 pound Brussels sprouts (about 2 cups)
- ☐ 1 large head Red Cabbage (about 8 cups)
- ☐ 1 pound Collard Greens (pick out about 8 large leaves for the wraps and chop 4 cups for the salad)
- ☐ 2 large fennel plants (you need the bulbs and the leaves)
- ☐ 1 head Romaine Lettuce (6 cups) need 3 cups
- ☐ 1 head Bok Choy (4 cups of leaves) need 3 cups
- ☐ 2 onions
- ☐ 5 Raw Red Beets
- ☐ 3 bunches celery
- ☐ 1 garlic bulb
- ☐ 2 red bell peppers
- ☐ 2 cucumbers
- ☐ 4 carrots
- ☐ 2 cups sprouts (broccoli or alfalfa)

HERBS

- ☐ 1 bunch Parsley
- ☐ 2 bunches basil leaves
- ☐ 2 bunches cilantro
- ☐ 1 bunch dill weed
- ☐ 1 bunch Watercress

BULK ITEMS

(THESE ITEMS ARE NON-PERISHABLE, SO THEY CAN BE BOUGHT IN LARGER QUANTITIES THAN LISTED)

NUTS (RAW, UNSALTED)

- ☐ 3 cups raw almonds
- ☐ 4 cups raw walnuts

SPICES (WITHOUT CHEMICALS OR CAKING AGENTS)

- ☐ Himalayan Sea salt
- ☐ Black Pepper
- ☐ Garlic Powder
- ☐ Ground mustard seed
- ☐ Ground cinnamon

PACKAGED

- ☐ 1 pkg frozen berries (unsweetened; check the label. The only ingredient should be berries)
- ☐ 1 pkg dried cranberries (unsweetened and unsulfured ; you need at least 1 lb)
- ☐ 1 bottle of raw agave nectar
- ☐ 1 pkg flax seeds
- ☐ 1 bottle extra virgin olive oil
- ☐ 1 bottle apple cider vinegar
- ☐ 1 bottle coconut aminos (or liquid aminos)
- ☐ 1 bottle alcohol-free vanilla extract
- ☐ 1 pkg raw cacao powder (at least 4 oz)
- ☐ 1 pkg chia seeds
- ☐ 1 bottle maple syrup (grade A organic)

