

# SHOPPING LIST

## WHAT I NEED TO MAKE AHEAD OF TIME

Almond Milk (2 batches) | Agave Lime Garlic dressing | Raw Ranch dressing  
Citrus Vinaigrette dressing | Raw Cookie Dough Energy Bites | Raw Yogurt

**You can also make these ahead of time or prepare fresh each time.**

Avocado Chimichurri | Chili Cucumber Snack

## FRESH ITEMS

IT IS BEST TO PURCHASE ORGANIC WHEN POSSIBLE

### FRUITS

- ☐ 7 bananas
- ☐ 2 pears
- ☐ 3 apples
- ☐ 1 1/2 cups blueberries
- ☐ 2 oranges
- ☐ 6 lemons
- ☐ 3 limes
- ☐ 1 cup Medjool Dates
- ☐ 1 avocado

### VEGETABLES

- ☐ 2 pounds fresh Spinach (about 17 cups) need 13 cups
- ☐ 2 pounds fresh Kale (about 12 cups)
- ☐ 1/2 pound Brussels sprouts (about 2 cups)
- ☐ 1 large head Red Cabbage (about 8 cups)
- ☐ 1 pound Collard Greens (about 4 cups)
- ☐ 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
- ☐ 1 onion
- ☐ 12 stalks of celery
- ☐ 1 garlic bulb
- ☐ 7 red bell peppers
- ☐ 3 English cucumbers
- ☐ 6 carrots
- ☐ 2 shallots
- ☐ 3 large parsnips
- ☐ 4 1/2 cups Button Mushrooms
- ☐ 3 cups Broccoli
- ☐ 3 cups snap peas

### HERBS

- ☐ 1 bunch Fresh Cilantro
- ☐ 1 bunch fresh thyme
- ☐ 1 bunch fresh dill weed
- ☐ 2 bunch fresh basil leaves
- ☐ 1 bunch watercress

## BULK ITEMS

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

### NUTS (RAW, UNSALTED)

- ☐ 2 cups raw almonds
- ☐ 3 cups raw walnuts
- ☐ 5 1/2 cups raw cashews

### SPICES (WITHOUT CHEMICALS OR CAKING AGENTS)

- ☐ Himalayan Sea salt
- ☐ Black Pepper
- ☐ Garlic Powder
- ☐ Ground mustard seed
- ☐ Onion powder
- ☐ Dried parsley
- ☐ Fennel seeds
- ☐ Crushed Red Pepper Flakes
- ☐ Chili Powder
- ☐ Dried oregano
- ☐ Cayenne pepper

### PACKAGED

- ☐ 1 pkg frozen fruit of choice (unsweetened; check the label. The only ingredient should be the fruit)
- ☐ 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
- ☐ 1 bottle alcohol-free vanilla extract
- ☐ 1 pkg raw cacao nibs (not the same as chocolate chips)
- ☐ 1 jar of raw almond butter
- ☐ 1 bottle of coconut oil
- ☐ 1 pkg shredded raw coconut

