

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

