

# SHOPPING LIST

## WHAT I NEED TO MAKE AHEAD OF TIME

Creamy Avocado Dressing | Lemon Basil Dressing

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

Raw Guac | Raw Applesauce

## FRESH ITEMS

IT IS BEST TO PURCHASE ORGANIC WHEN POSSIBLE

### FRUITS

- 1 medium Pineapple (5 cups)
- 12 medium Avocados
- 12 apples
- 6 naval oranges
- 3 lemons
- 10 limes
- 3 jalapenos
- 7 bananas
- 12 dates

### VEGETABLES

- 2 pounds fresh Spinach (17 cups)
- 1 1/2 pounds fresh Kale (about 8 cups)
- 1/2 pound brussel 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
- 3 onions
- 5 Raw Red Beets
- 1 garlic bulb
- 2 red bell peppers
- 2 cucumbers
- 6 cups shredded carrots + 4 whole carrots (or 16 whole carrots)
- 2 cups sprouts (broccoli or alfalfa)
- 8 cups Bean Sprouts
- 12 Green Onions

### HERBS

- 1 bunch Parsley
- 2 bunches basil leaves
- 7 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)

### SPICES (WITHOUT CHEMICALS OR CAKING AGENTS)

- Himalayan Sea salt
- Black Pepper
- Garlic Powder
- Ground Cinnamon
- Ginger Powder

### PACKAGED

- 1 pkg frozen berries (unsweetened; check the label. The only ingredient should be berries)
- 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

