

## Week 1 Grocery List

### Produce:

- 1 bunch cilantro
- 1 jar minced garlic
- 1 medium avocado
- 5 medium zucchini
- 2 small white onions
- 1 small English cucumber
- 2 cups cherry tomatoes
- 4 cups Romaine lettuce
- 1 lb asparagus
- 2 large bananas
- 2 green onions /scallions
- 2 heads of romaine lettuce
- 1 (8 oz) package mushrooms
- 1 small package strawberries
- 1 small bag grapes
- 1 medium pear
- 1 medium orange

### Bread & Baked Goods:

- 1 package of whole grain / low carb flat breads or pitas (at least 4)

### Condiments, Dressings, & Oils:

- 1 small bottle honey
- 1 small bottle avocado or olive oil
- 1 small bottle rice wine vinegar
- 1 small bottle sesame oil
- 1 small bottle low sodium soy sauce
- 1 small bottle Dijon mustard
- 1 small bottle Worcestershire Sauce
- 1 small bottle of lemon juice
- 1 small bottle of lime juice

- 1 package Hidden Valley Ranch Dry Seasoning Mix

Meat & Seafood:

- 10 oz medium raw shrimp
- 4 lbs chicken breasts
- 1 package turkey pepperoni
- 1 lb lean ground turkey
- 1 package center cut bacon

Boxed, Jarred, & Canned:

- 1 (24 oz) jar pizza sauce
- 1 small jar roasted red peppers in water
- 1 (24 oz) can crushed tomatoes

Grains & Pasta:

- Small bag dry rice or quinoa of choice

Dairy & eggs:

- 48 oz plain fat free Greek yogurt
- 1 carton unsweetened almond milk
- 1 dozen large eggs
- 2 bags low fat shredded Parmesan cheese
- 1 jar grated Parmesan cheese
- 1 bag low fat shredded Mozzarella cheese
- 1 package sliced low fat Mozzarella cheese
- 24 oz cottage cheese
- 1 small container feta cheese
- 1 bag shredded 2% cheddar cheese

Frozen:

- 16 oz bag frozen strawberries
- 1 (10 oz) package frozen spinach

Baking & Cooking:

- 1 small box Stevia packets (or low-calorie sweetener of choice)
- 1 package baking Stevia (or granulated sweetener of choice that measures like
- 1 bottle vanilla extract
- 1 container baking powder
- 1 bag oat flour
- 1 container cornstarch

Seasonings (if not already in pantry):

- pepper
- salt
- paprika
- chili powder
- cinnamon
- garlic powder
- turmeric
- cumin
- crushed red pepper flakes
- dried oregano
- dried parsley
- Italian seasoning
- sesame seeds

Specialty:

- 1 container protein powder (plain or vanilla)

Miscellaneous:

- 1 (8 oz) container store-bought hummus
- 1 package egg roll wrappers
- healthy snacks and dessert options