

Week 2 Grocery List

Produce:

- 2 red onions
- 2 green onions / scallions
- 1 medium white onion
- 1 ¼ cup cherry or grape tomatoes
- 4 medium Roma tomatoes
- 2 large Roma tomatoes
- 1 large beefsteak tomato
- 6 cups pre-shredded cabbage mix
- 2 heads iceberg lettuce
- 2 cups fresh spinach
- 2 cups salad mix / lettuce of choice
- 2 cups shredded lettuce
- 2 bunches cilantro
- 1 bunch basil
- 1 small orange bell pepper
- 1 small red bell pepper
- 2 large red bell peppers
- 2 medium yellow squash
- 2 medium zucchini squash
- vegetables of choice for making omelet in a mug
- 1 cup mixed berries

Bread & Baked Goods:

- 8 corn tortillas
- 1 package low carb / whole grain wraps

Condiments, Dressings, & Oils:

- 1 small bottle rice wine vinegar
- 1 small bottle balsamic vinegar
- 1 small bottle sugar free maple syrup
- 1 small bottle honey

- 1 small bottle avocado or olive oil
- 1 small jar salsa
- 1 small bottle yellow mustard
- 1 small jar anchovy paste (or capers)
- 1 small bottle low sugar teriyaki sauce
- 1 small bottle lemon juice
- 1 small bottle lime juice

Meat & Seafood:

- 1 pack turkey pepperoni
- 3 lbs chicken breasts
- 1.75 lbs uncooked shrimp
- 2 packages center cut bacon

Boxed, Jarred, & Canned:

- 1 (15 oz) can pumpkin puree
- 1 (15 oz) can black beans
- 1 (15 oz) can corn
- 1 (15 oz) can black refried beans
- 2 (14 oz) cans artichokes in water
- 1 small can tomato paste
- 1 (15 oz) can chickpeas
- 1 small jar pizza sauce or marinara sauce

Nuts & Nut Butters:

- 1 small jar all-natural peanut butter / nut butter of choice
- small package chopped peanuts (or almonds)
- small package pine nuts

Dairy & Eggs

- 18 large eggs
- 1 (16 oz) carton egg whites
- 12 oz cottage cheese
- 32 oz plain fat free Greek yogurt

- 2 1/2 cups grated Parmesan cheese
- 1/2 cups shaved or shredded Parmesan cheese
- 1 cup crumbled cotija cheese
- 1 package shredded Mexican cheese
- 1 package shredded mozzarella cheese
- 1 package shredded cheese of choice
- 1 carton almond milk

Frozen:

- 1 (10 oz) package frozen spinach
- 1 (20 oz) bag frozen shredded hash brown potatoes
- 1 (16 oz) bag frozen Asian style vegetable mix

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 sugar)
- 1 bottle maple extract
- 1 container baking powder
- 1 bag oat flour
- 1 container cornstarch
- 1 bag Stevia sweetened chocolate chips

Seasonings (if not already in pantry):

- pepper
- salt
- paprika
- chili powder
- cinnamon
- garlic powder
- turmeric
- cumin
- minced garlic
- crushed red pepper flakes
- dried oregano

- dried parsley
- onion powder
- pumpkin pie spice
- Italian seasoning
- sesame seeds

Specialty:

- 1 container protein powder (plain or vanilla)
- 1 container peanut flour
- xanthan gum

Miscellaneous:

- 1 small jar instant espresso powder
- healthy snacks and healthy dessert options