

North Shore Nutrition & Fitness

Beans/Lentils

Chickpeas	2 cans
Kidney Beans	2 cans
Hummus	2 containers
Black Beans	1 can

Grains

Oatmeal, quick	
Cooking	1 large bag
Chickpea Flour	1 bag
Brown Rice	
Flour	1 bag
Stonemill Bread	1 loaf
(any kind)	
Ryvita Crackers	
(any kind)	2 packages
Kelp Noodles	2 Packages

Condiments/Spices/Herbs

Apple Cider	
Vinegar	1 jar
Basil	1 bunch
Black Pepper	1 container
Cayenne Pepper	1 container
Chili Powder	1 container
Cilantro	1 bunch
Dijon Mustard	1 container
Garlic Powder	1 container
Garlic, minced	1 jar
Lemons	4
Limes	4
Parsley	1 bunch
Salsa	1 container
(no sugar added)	
Sea Salt	1 container

Dairy & Alternatives

Cheddar Cheese,	
Part skim	1 cup
Greek Yogurt	
Plain	2 large containers
Unsweetened	
Almond Milk	3 containers

Fruit

Apple	8 medium
Avocado	4
Banana	2
Blueberries	2 pints
Frozen Berries	1 large bag
Pineapple	1 whole
Strawberries	2 pints
Cantaloupe	1 whole
Peach	4 small

Nuts

Almond Butter,	
Natural	1 jar
Peanut Butter,	
Natural	1 jar
Chia, Ground	2 cups
Flax Seeds	1 bag
Pumpkin Seeds	2 cups

Oils

Butter	1 stick
Extra Virgin	
Olive Oil	1 jar
Grapeseed Oil	1 jar
Organic	
Coconut Oil	1 jar

Protein

Beef,	
Top Sirloin	12 oz
Eggs	2 dozen
Egg Whites	3 containers
Chicken Breast	8 breasts
Ground Turkey	2 pounds
Halibut	16 oz
Nitrate Free	
Turkey Breast	1 pound
Protein Powder	1 container
Tuna, light	
In water	2 cans
Salmon, canned	2 cans

Vegetables

Asparagus	1 bunch
Spinach, raw	2 containers
Broccoli	2 bunches
Mushrooms	2 containers
Onion, red	
Or white	4
Green Lettuce	3 heads
Green Peppers	6
Tomatoes	6
Cucumbers	4
Red Peppers	6
Stewed	
Tomatoes	2 cans
Alfalfa Sprouts	1 pint
Potatoes	6
Celery	1 bunch
Kale	1 bunch
Green Beans	1 large handful
Carrots	1 bag
Cauliflower	1 head
Sweet Potato	3 medium
Red Potatoes	6 small

Sugars

Maple Syrup	1 jar
Shredded	
Coconut	1 bag
Raw Honey	1 jar