

1200 CALORIE 21 DAY GROCERY LIST

PROTEINS

- Bacon, cured, nitrate free 6 Slices
- Beef, ground, 95% lean 1 Pound
- Beef, organic flank, trimmed 1 Pound
- Chicken breast, white meat 4 Pounds
- Egg, whites liquid 4 Cartons
- Eggs 2 Dozen
- Halibut 1 Pound
- Protein powder 1 Container
- Roast beef, Slices, nitrate free 4 Ounces
- Salmon sashimi 6 Each
- Salmon, wild 1 Pound
- Salmon, smoked (lox) 2 Ounces
- Shrimp, raw 1 Pound
- Spicy salmon roll 6 Pieces
- Tuna, in water 2 Cans
- Turkey breast slices, nitrate free 1 Pound
- Turkey, ground 1 Pound
- Veggie Burger 2 Patty
- Whitefish 1/2 Pound
- _____
- _____
- _____

VEGGIES

- Asparagus, fresh/frozen 24 Spears
- Avocado 2 Medium
- Broccoli, fresh or frozen 2 Heads
- Cabbage 1 Head
- Carrots, baby raw 1 Bag
- Cauliflower, fresh or frozen 2 Heads
- Celery, trimmed 2 Bunches
- Cole slaw, home-prepared 1 Jar
- _____
- _____
- _____

- Cucumber 2 Large
- Eggplant 1 Cup
- Green hot chili peppers, raw 1 Jar
- Green pepper 1 Medium
- Kale 2 Bunches
- Lettuce, cos or romaine 2 Heads
- Mixed vegetables, frozen 2 Bags
- Mushrooms, portabella 1 Package
- Mushrooms, white 1 Package
- Olives, ripe 8 Any size
- Onion, white 2 Medium
- Pickles, dill cucumber 1 Jar
- Red hot chili peppers, canned 1 Jar
- Red pepper 5 Medium
- Soybeans, organic NON GMO 1 Bag
- Spinach 12 Cups
- Squash, spaghetti 1 Medium
- Sweet potatoes 2 Medium
- Tomato 14 Medium
- Tomato sauce, no salt added 1 Jar
- Zucchini 3 Medium
- _____
- _____
- _____

FRUITS

- Apple, with peel 8 Medium
- Banana 1 Bunch
- Blackberries 2 Pints
- Blueberries 2 Pints
- Cherries, sour or red, 1 Pint/bag
- _____
- _____
- _____

- Grapefruit, pink or red 2 Small
- Grapes 1 Bag
- Kiwi fruit 3 Medium
- Peaches 2 Each
- Pear, with peel 6 Each
- Raspberries 2 Pints
- Strawberries 3 Pints
- _____
- _____
- _____

NUTS/SEEDS

- Almond butter 1 Jar
- Almonds, raw 2 Cups
- Cashew butter, raw 1 Jar
- Cashews, raw 2 Cups
- Chia seeds, whole 2 Cups
- Flaxseed, whole 2 Cups
- Hemp Seeds 2 Cups
- Peanut butter 1 Jar
- Pine nuts, raw 1 Cup
- Pistachios, raw 1 Cup
- Pumpkin seeds, raw 1 Cup
- Sesame seeds, whole, raw 1 Cup
- Walnuts 2 Cups
- _____
- _____
- _____

BREADS, GRAINS & PASTA

- Brown rice, long-grain 1 Bag
- Buckwheat groats, 2 Cups
- Ezekiel sprouted grain bread, 1 Loaf
- Arrowhead Mills, Organic Oatmeal 3 Packs
- Kamut pasta 2 Packages
- Kashi GoLean Cereal 1 Box
- Oatmeal, slow cooking 1 Bag
- Pita, spelt 1 Dozen
- Shirataki noodles 4 Packages
- Wasa crackers, light rye 2 Packages
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- _____
- _____

BEANS & LENTILS

- Adzuki beans 1 Cup
- Black beans 1/4 Cup
- Chickpeas 1/4 Cup
- Hummus, home prepared 2 Cups
- Lentils 2 Cups
- Veggie burgers, 1 Box
- _____
- _____
- _____

OILS:

- Coconut oil 1 Jar
- Mayonnaise, low fat 1 Jar
- Olive oil, Extra Virgin 1 Bottle
- Peanut oil 1 Bottle
- Salad dressing, Italian 1 Bottle
- _____
- _____
- _____

DAIRY & ALTERNATIVES:

- Cheddar cheese, low fat 1 Package
- Cottage cheese, low fat, 1%, no sodium 2 Containers
- Cream cheese, light, Philli brand 1 Package
- Feta cheese 2 Cups
- Goat cheese, hard type 1 Package
- Goat cheese, soft type 1 Package
- Greek yogurt, non-fat, plain 2 Containers
- Kefir 2 Containers
- Parmesan cheese, grated 1 Bottle
- Unsweetened almond milk 3 Cartons
- Yogurt, plain, low fat 2 Containers
- _____
- _____
- _____

MISCELLANEOUS:

- Alcoholic beverage, red wine, Cabernet 2 Bottles
- Amy's Organic Minestrone soup 2 Cans
- Cinnamon 1 Cup
- Coconut flour 1 Pound
- Dijon mustard 1 Bottle
- Garlic powder 1 Cup
- Honey, unpasteurized raw 1 Jar
- Lemon juice 3 Lemons
- Miso soup or miso paste 1 Container
- Mustard, prepared yellow 1 Jar
- Salsa, medium, no sugar added 1 Jar
- Soy sauce, Kikkoman 'Lite' 1 Bottle
- Vinegar, balsamic 1 Bottle
- Vinegar, apple cider 1 Bottle
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- _____
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