



**Beans/Lentils**

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

**Grains**

Oatmeal, quick  
Cooking 1 lg bag #1 or bulk  
Chickpea Flour 1 bag #3  
Brown Rice  
Flour 1 bag #3  
SilverHills Bread 1 loaf #1  
(any kind)  
Ryvita Crackers  
(any kind) 2 packages #5  
Kelp Noodles 2 Packages  
(or brown rice, quinoa)

**Condiments/Spices/Herbs**

Apple Cider  
Vinegar 1 jar #2  
Basil 1 bunch #3/bulk  
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 #5/deli  
(no sugar added)  
Sea Salt 1 container #3

**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 #1  
Peanut Butter,  
Natural 1 jar #1  
Chia, Ground 2 cups V&M  
Flax Seeds 1 bag V&M/bulk  
Pumpkin Seeds 2 cups bulk

**Oils**

Butter 1 stick  
Extra Virgin  
Olive Oil 1 jar #2  
Grapeseed Oil 1 jar #2  
Organic  
Coconut Oil 1 jar #2/V&M

**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 #2  
Salmon, canned 2 cans #2

**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 #2  
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 #3  
Shredded  
Coconut 1 bag #3  
Raw Honey 1 jar #1