

Produce

- 3 c. fresh fruit for casserole cups (berries are great)
- 9¼ c. raw veggies
- 2 Acorn Squash
- 2 cups green beans
- 1 cup carrots
- 1 cup celery
- 2 yellow onions
- 9 cloves garlic
- 2 shallots
- 4 cups of cauliflower florets – small head or frozen bag
- 1 bunch of thin asparagus
- 16 oz whole or sliced baby portabella mushrooms
- 1 lemon
- 1 cup fresh spinach
- 6 c. berries or grapes
- 1 container med/large strawberries
- 2 bell peppers
- (optional) cilantro
- 1 avocado
- (optional) 1 jalapeno
- Small red onion
- 2 lg sweet potatoes
- 4 c. Brussels sprouts

Meat

- 1 lb Chicken Tenderloins
- 1½ lbs of raw chicken breast (can sub tenderloins)
- 1–2 pounds of chicken thighs (can sub tenderloins)
- 2½ lb ground beef
- 1½ lb large raw shrimp
- 8 slices turkey bacon

Pantry

- 6 pieces of gluten free, whole grain, or Ezekial bread
- Vanilla extract
- Liquid stevia (can sub maple syrup or honey)
- Maple syrup
- Olive or avocado oil cooking oil spray
- ½ cup sliced almonds
- Mayo
- Yellow mustard
- 1½ cups gluten free 1:1 baking flour
- 2 cartons chicken broth or stock (can sub veggie broth)
- Baking powder
- Olive or avocado oil
- Marsala wine
- Tapioca starch, corn starch or rice flour (can sub whatever flour/thickener)
- 2 cups of gluten free elbow pasta
- 1½ cups short grain brown rice
- ¼ cup of dry white wine (optional, can sub extra broth)
- Coconut oil
- Cocoa powder
- Peanut butter
- Coconut flour or peanut butter powder
- 1 package gluten free corn tortillas
- Brown rice
- Popcorn kernels

Canned

- 1 can refried beans
- 1 (10 oz) can mild Rotel

Refrigerated | Frozen

- 10 eggs
- 2¾ cups of unsweetened almond milk
- 2 string cheese
- Small container part skim ricotta
- 1 stick of butter or vegan butter
- 3⅓ cups shredded cheddar cheese
- (optional) 2 Tbsp pecorino romano
- ½ cup parmesan cheese
- (optional topping for Lasagna) Greek yogurt
- ½ cup frozen peas
- ¼ cup frozen corn

IF drinking Shakeology, add:

- 5 scoops or packets of Shakeo
- 5 cups fruit

Spices

- Ground cinnamon
- Everything But the Bagel Seasoning
- Himalayan or sea salt
- Black pepper
- Dried thyme
- Garlic powder
- Dry mustard
- Cumin
- Chili powder
- Paprika
- Oregano
- Onion powder
- Cayenne

IF NOT drinking Shakeology, add:

- 3¾ c. plain Greek yogurt or 5 individual cups
- 5 cups berries