



## Produce

- 4 onions
- 1 bag or container of spinach
- 1 container of mushrooms (baby bellas)
- fresh ginger root
- 16 oz bag coleslaw mix
- Small bag matchstick carrots
- 5 scallions
- 3 heads of fresh garlic
- Small bunch of cilantro
- 1 head butter or romaine lettuce
- 6 1/2 c fave raw veggies (my favorites are sliced cucumbers, green peppers, or celery and carrot sticks)
- 1 Avocado or 1 container of hummus
- 4 1/2 c berries or melon
- 1 head of broccoli
- 1 small bag of carrots
- 1 head of celery
- 2 heads of cauliflower
- 3 lb. red potatoes
- 2 green peppers
- 1 jar roasted red peppers
- 1 bag or container of kale (or sub spinach)
- Fresh basil (optional)
- 3 bananas

## Pantry

- coconut oil spray
- olive oil
- coconut oil
- sesame oil
- rice vinegar
- white wine vinegar
- coconut aminos
- 4 brown rice ramen noodle cakes
- sliced almonds
- maple syrup or honey
- nut butter of choice
- sambal oelek chili paste (or sub chili garlic paste or sriracha)
- 1 box whole grain crackers
- 1 box whole grain pasta
- FIX approved dressing (optional)
- 2 (32 oz) carton chicken broth

## Pantry (cont'd)

- vegan butter or ghee
- arrowroot powder or cornstarch
- 1 loaf of whole grain or GF bread

### **Canned**

- 8 oz can water chestnuts
- Small can tomato paste
- 14 oz can mandarin oranges
- 28 oz can crushed tom
- ~14 oz can full fat coconut milk

### **Meat**

- ¾ lb boneless skinless chicken breast or tenders
- 1 lb ground chicken
- 1 lb lean ground turkey
- 2 pkgs (1-1.3lb each) spicy turkey or chicken sausage
- 1 lb thin sliced chicken breasts
- 1 lb chicken tenderloins

### **Dairy/Fridge**

- ½ dozen eggs
- 1 carton almond milk
- 1 pkg turkey bacon
- 1 bag shredded cheddar cheese
- Small container ricotta cheese
- Small bag shredded parmesan cheese
- 1 bag shredded mozzarella cheese

### **Frozen**

- 1 bag shelled edamame

### **Spices**

- Himalayan or sea salt
- Black pepper
- Dried oregano
- Dried basil
- Crushed red pepper

### **Treat Swap ingredients**

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**IF drinking Shakeology, add:**

- Shakeology powder
- 5 c. berries
- Nut butter

**IF NOT drinking Shakeology, add:**

- 1 large container or 5 individual Greek yogurts
- 5 c. berries
- Nut butter

**Note:** M, Tu, W, F dinners call for 2 servings. Take note if you will need to 1.5 or 2x the batch based on how many people you will be feeding. You may need to increase groceries to accommodate this.