

1900 CALORIE 21 DAY HEALTHY LIVING 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 4 Dozen
- ___ Halibut 2 Pounds
- ___ Protein powder 1 Container
- ___ Roast beef slices, nitrate free 4 Ounces
- ___ Salmon sashimi 6 Each
- ___ Salmon, wild 1 Pound
- ___ Salmon, smoked (lox) 4 Ounces
- ___ Shrimp, raw 1 Pound
- ___ Spicy salmon roll 6 Pieces
- ___ Tuna, in water 5 Cans
- ___ Turkey breast slices, nitrate free 1 Pound
- ___ Turkey, ground 1 Pound
- ___ Veggie Burger 3 Patties
- ___ Whitefish 1 Pound

VEGETABLES

- ___ Asparagus 30 Spears
- ___ Avocado 3 Medium
- ___ Broccoli, fresh or frozen 3 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 3 Each
- ___ Eggplant 1 Cup
- ___ Green hot chili peppers, raw 1 Jar
- ___ Green pepper 2 Medium
- ___ Kale 2 Bunches
- ___ Lettuce, cos or romaine 6 Heads
- ___ Mixed vegetables, frozen 2 Bags
- ___ Mushrooms, portabella 1 Package
- ___ Mushrooms, white 1 Package
- ___ Olives, ripe 12 Any size
- ___ Onion, white 2 Medium
- ___ Pickles, dill cucumber 1 Jar
- ___ Red hot chili peppers, canned 1 Jar
- ___ Red pepper 6 Medium
- ___ Soybeans, organic, NON GMO 1 Bag
- ___ Spinach 12 Cups
- ___ Squash, spaghetti 2 Medium
- ___ Sweet potatoes 2 Medium
- ___ Tomatoes 14 Medium
- ___ Tomato sauce, no salt added 1 Jar
- ___ Zucchini 8 Medium

FRUITS

- ___ Apple, with peel 17 Medium
- ___ Banana 2 Bunches
- ___ Blackberries 2 Pints
- ___ Blueberries 3 Pints
- ___ Cherries, sour or red 1 Pint/bag
- ___ Grapefruit, pink or red 5 Small
- ___ Grapes 1 Bag
- ___ Kiwi fruit 6 Medium
- ___ Peaches 3 Each
- ___ Pear, with peel 12 Each
- ___ Raspberries 2 Pints
- ___ Strawberries 3 Pints

NUTS/SEEDS

- ___ Almond butter 1 Jar
- ___ Almonds, raw 3 Cups
- ___ Cashew butter, raw 1 Jar
- ___ Cashews, raw 3 Cups
- ___ Chia seeds, whole 3 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 3 Cups

1900 CALORIE 21 DAY HEALTHY LIVING GROCERY LIST

BREADS, GRAINS AND PASTA

- Brown rice, long-grain 1 Bag
- Buckwheat groats 2 Cups
- Ezekiel sprouted grain bread 1 Loaf
- Organic oatmeal 6 Packs
- Kamut pasta 2 Packages
- Kashi GoLean Cereal 1 Box
- Oatmeal, slow cooking 1 Bag
- Pita, spelt 2 Dozen
- Shirataki noodles 4 Packages
- Wasa crackers, light rye 2 Packages
- _____
- _____
- _____
- _____

BEANS AND LENTILS

- Adzuki beans 2 Cups
- Black beans 1 Cup
- Chickpeas 1 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 AND ALTERNATIVES

- Cheddar cheese, low fat 1 Package
- Cottage cheese, low fat 1%, no sodium 5 Containers
- Cream cheese, light Phili brand 1 Package
- Feta cheese 2 Cups
- Goat cheese, hard type 1 Package
- Goat cheese, soft type 1 Package
- Greek yogurt, non-fat, plain 5 Containers
- Kefir 5 Containers
- Parmesan cheese, grated 1 Bottle
- Unsweetened almond milk 6 Cartons
- Yogurt, plain, low fat 4 Containers
- _____
- _____
- _____
- _____

MISCELLANEOUS

- Alcoholic beverage, red wine, Cabernet 2 Bottles
- Amy's Organic Minestrone soup 4 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 2 Jars
- Soy sauce, Kikkoman 'Litre' 1 Bottle
- Vinegar, balsamic 1 Bottle
- Vinegar, apple cider 1 Bottle
- _____
- _____
- _____
- _____