

2100 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	4.5 Pounds
__ Egg whites liquid	4 Cartons
__ Eggs	4 Dozen
__ Halibut	2 Pounds
__ Protein powder	1 Container
__ Roast beef slices, nitrate free	6 Ounces
__ Salmon sashimi	6 Each
__ Salmon, wild	1.5 Pound
__ Salmon, smoked (lox)	4 Ounces
__ Shrimp, raw	1 Pound
__ Spicy salmon roll	6 Pieces
__ Tuna, in water	6 Cans
__ Turkey breast slices, nitrate free	1.5 Pound
__ Turkey, ground	1.5 Pound
__ Veggie Burger	3 Patties
__ Whitefish	1 Pound

VEGETABLES

__ Asparagus	36 Spears
__ Avocado	4 Medium
__ Broccoli, fresh or frozen	3 Heads
__ Cabbage	1 Head
__ Carrots, baby raw	2 Bags
__ 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	4 Medium
__ Kale	2 Bunches
__ Lettuce, cos or romaine	8 Heads
__ Mixed vegetables, frozen	2 Bags
__ Mushrooms, portabella	1 Package
__ Mushrooms, white	1 Package
__ Olives, ripe	16 Any size
__ Onion, white	2 Medium
__ Pickles, dill cucumber	1 Jar
__ Red hot chili peppers, canned	1 Jar
__ Red pepper	8 Medium
__ Soybeans, organic, NON GMO	1 Bag
__ Spinach	15 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	3 Pints
__ Blueberries	3 Pints
__ Cherries, sour or red	1 Pint/bag
__ Grapefruit, pink or red	6 Small
__ Grapes	1 Bag
__ Kiwi fruit	8 Medium
__ Peaches	3 Each
__ Pear, with peel	12 Each
__ Raspberries	3 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

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BREADS, GRAINS AND PASTA

- Brown rice, long-grain 1 Bag
- Buckwheat groats 2 Cups
- Ezekiel sprouted
 grain bread 1.5 Loaves
- Organic oatmeal 8 Packs
- Kamut pasta 2 Packages
- Kashi GoLean Cereal 1 Box
- Oatmeal, slow cooking 1 Bag
- Pita, spelt 2 Dozen
- Shirataki noodles 5 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 6 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
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- _____
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