

	<b>Specifics</b>	<b>How much do I need?</b>
Fruits and Veggies	Onion--yellow or white	6 or 7
	Onion--red	1 or 2
	shallots	8
	cherry or grape tomatoes	1 pint
	Garlic	2 heads
	Baby Kale	1 large container
	Spinach	1 large container
	Arugula	optional for salads
	Cabbage Head or bag of slaw	
	broccoli	optional for salads, snacks
	cauliflower	2 heads
	brussels sprouts	1 pound
	asparagus	
	green onion	2 or 3 bunches
	mushrooms	1 small container (recipe calls for shitake, but use what you like)
	portobello mushrooms	optional for salads
	yellow squash	optional for salads
	sweet potatoes	3
	butternut squash	1
	parsley	1 bunch or more for smoothie recipes
	beet	optional for smoothies, salads
	celery	optional for snacking, salads
	cucumber	3 or 4
	baby carrots	small bag
	lemon	8
	lime	6
	pineapple	optional for snacking and smoothies
oranges or tangerines	1	
blueberries	optional for snacking	
bananas	optional for snacking	
apples	optional for snacking	
ginger root	1 medium chunk	
avocado	2, or more for salads and base for other dishes	
jalapeno	2, optional for black bean soup	
cilantro	1 bunch, optional for black bean soup	
<b>Canned vegetables and beans</b>		
	black beans	2 cans
	garbanzo beans	
	great northern white beans	
	chili beans	
	red beans	
	fire roasted diced or crushed tomatoes	1 14 oz can
	tomato paste	
	marinara sauce	
	tomato salsa	1 c
	black olives	optional for salads and snacking
	artichoke hearts, in water	
	coconut oil	1/2 c or more for cooking
	Extra Virgin Olive Oil, Avocado oil, or coconut oil--just buy what you like	
	You shouldn't cook with EVOO, so be sure to have several other options at home for cooking.	1-2 T or more
	toasted sesame oil	1 T
<b>Herbs and Spices</b>		
	sea or kosher salt	yes
	crushed black pepper or whole pepper for a pepper mill	yes
	chipotle pepper flakes or hot pepper flakes	yes
	cayenne pepper ground	
	basil	

	oregano	
	dill	
	thyme, fresh is preferred	1-2 T
	cumin seeds	1 T
	cumin ground	1 T
	garam masala	
	curry powder	
	onion powder	
	dried onion	1 t
	garlic powder	1 T
	rosemary	1 t
	sweet smoked paprika	1 T
	chili powder	1 T
	turmeric	
	celery seeds	
	celery salt	
<b>Meats, Dairy, Non-dairy refrigerator/freezer</b>		
	deboned chicken thighs	up to 3 #. Depends if using chicken in black bean soup and for lunch on Saturday. Use any type of chicken you like. I prefer the thighs.
	chicken breast	
	whole chicken	
	pork loin	
	bacon	
	prociutto	
	cod (fresh or frozen)	4 to 6 filets
	Salmon	2 filets
	<i>salmon or mahi (these are available at SAMS), or veggie burgers. make sure GF</i>	2
	<i>coconut milk, almond, or cashew milk</i>	1/2 gallon
	butter	1-2 t
	non-dairy sour cream	optional for black bean soup
	mayo, olive oil based	2 T
	hummus	1 container, roasted red pepper
	cream cheese	
	eggs	1 dozen
	Kombucha	3 bottles, optional drink
	Kimchi	optional for gut health
	Sauerkraut	optional for gut health
	tofu	
	white miso	
	tahini paste	
<b>Canned meat and other</b>		
	Tuna	2 cans, optional for Saturday lunch
	Salmon	
	coconut milk--full fat, canned	2 cans
<b>Misc.</b>		
	veg or chicken broth	9 cups, if not using bone broth
	Rice Cakes	
	nut butter--cashew or almond	1/2 jar
	Dark chocolate bar	
	dried cranberries, unsweetened	1/2 c
	basalmlc vinegar	
	TRY THE AGED BASALMIC FROM DOVE ON BRANSON LANDING. ANOTHER GOOD COMBO FOR DRESSING IS THEIR RED APPLE/TOASTED WALNUT.	1/2 c
	sriracha	
	white wine	1 c
	red wine vinegar	
	apple cider vinegar	
	rice wine vinegar	2 T

	dijon mustard	a small jar
	Toasted almonds	
	pumpkin seeds	1/2 c
	sunflower seeds	optional for snacking, salads
	walnuts	1/2 c
	brazil nuts	1/2 c
	pecans	1/3 c
	shelled pistachios	1/3 c
	sesame seeds	
	chia seeds	1/2 c
	protein powder hemp or your preferred	
	real lemon juice	use fresh squeezed for recipes
	real lime juice	
	red lentils	
	brown rice	
	quinoa or millet	
	Rice Vermacelli noodles	
	oatmeal	
	granola	
	nutritional yeast	1/2 c
	coconut sugar	4 T
	honey	
	coconut water, with pulp	optional for smoothies
	herbal tea, of choice	yes
	Thai Kitchen Roasted Red Chili Paste	5 T
	anchovy paste	
	matcha	optional smoothie
<b>Frozen Foods</b>		
	Sweet corn	1 1/2 c
	peas	
	mango	
	blueberries	4 c
	raspberries or cherries	4 c
	Other Fruit	
	Other Veg	