



— PURE —

Whole-Food & Plant-Based Support

Shopping Checklist

Week Four

Week Four

Produce

- Apples, granny smith (1)
- Arugula (2 packages)
- Asparagus (1 bunch)
- Avocados (2)
- Bananas (2)
- Bibb Lettuce (small head)
- Blackberries (1 pint)
- Carrots (1 bag)
- Cauliflower (1 head)
- Celery (1 bunch)
- Chard, swiss or rainbow (1 bunch)
- Chives (1 bunch)
- Cilantro (1 bunch)
- Collard Leaves (8)
- Corn
- Cremini mushrooms (5-6 oz.)
- Cucumber (2)
- Dill (1 sm bunch)
- Fennel (1 bulb)
- Garlic (1 bulb)
- Green Beans (2 cups)
- Green Onions (1 sm bunch)
- Jalapeño, optional (1)
- Kale (1 large bunch)
- Kiwi (1)
- Lemons (9)
- Limes (3)
- Mangos (2)
- Mint (2 sm bunches)
- Onion, red (2)
- Onion, yellow (1)
- Oranges (2)
- Papaya (1)
- Parsley, flat leaf (1 bunch)
- Peaches (3)
- Pear (1)
- Purple Cabbage (1 head)
- Radicchio (1 head)
- Raspberries (2 pints)
- Red/Orange Bell Pepper (1)

Week Four

Produce

- Romaine (1 head)
- Rosemary (1/2 tbsp.)
- Scallions (1 bunch)
- Snow Peas (1 cup)
- Spinach (1 package)
- Strawberries (10)
- Sugar Snap Peas (1 cup)
- Sweet Potato (4)
- Tomatoes (2 large + 1 small)
- Zucchini (1)

Week Four

Refrigerator/Freezer

- Unsweetened Plain Plant Milk
- Unsweetened Plain Plant Yogurt

Week Four

Nuts/Seeds and Dried Foods

- Almonds, raw
- Cashews (1/2 lb.)
- Chia Seeds
- Coconut, shredded
- Dates, pitted (8)
- Dried Cranberries
- Flax seeds
- Hemp Seeds
- Pine Nuts
- Pistachios
- Raisins
- Sunbutter
- Walnuts/pecans, raw

Week Four

Baking/Grains, Lentils

- Almond extract (optional)
- Artichokes for hearts
- Baking Flour (gluten free)
- Baking Powder (gluten free)
- Balsamic Vinegar
- Basil, dry
- Bay leaf, dry
- Black Beans
- Black Pepper, ground
- Bulgur (or quinoa)
- Cocoa Powder
- Chai Spice Blend (ground ginger, cardamom, cinnamon, cloves)
- Apple Cider Vinegar
- Chickpeas/Garbanzo Beans
- Chili Power, optional
- Chinese 5 spice powder
- Chocolate Chips (vegan)
- Cinnamon, ground
- Coconut Milk
- Coconut Sugar
- Coriander
- Cumin, ground
- Curry Powder
- Garlic Powder
- Ginger Powder
- Honey
- Israeli Couscous
- Kidney Beans
- Maple Syrup
- Nutmeg, ground
- Old Fashioned Oats
- Onion Powder
- Paprika
- Pitas, gluten free (4)
- Popcorn
- Quinoa
- Red Pepper Flakes, optional
- Sea Salt
- Tahini
- Tamari

Week Four

Baking/Grains, Lentils

- Tapioca Flour
- Thyme, dry
- Tortillas (gluten free)
- Turmeric Powder
- Vegetable Broth (8 cups)
- Wild Rice