



— PURE —

Whole-Food & Plant-Based Support

Shopping Checklist

Week One

Week One

Produce

- ☐ Apples, granny smith (2)
- ☐ Apples, Honeycrisp (2)
- ☐ Arugula (4 cups)
- ☐ Bananas (7)
- ☐ Basil (1 Small Bunch)
- ☐ Beets (3)
- ☐ Blueberries, fresh (1.5 c)
- ☐ Broccoli (1 large head)
- ☐ Brussel Sprouts (2 cups)
- ☐ Carrots (4)
- ☐ Celery (6 Stalks)
- ☐ Cilantro (1 bunch)
- ☐ Collard Greens (1 bunch)
- ☐ Cremini Mushrooms (2 – 8oz. Pkgs)
- ☐ Cucumber (2)
- ☐ Dill (small bunch)
- ☐ Fennel (1 bulb)
- ☐ Fingerling Potatoes (1/2 lb.)
- ☐ Garlic (1 bulb)
- ☐ Ginger (5-6" piece)
- ☐ Grapes (1 c.)
- ☐ Green Onions (1 lg bunch)
- ☐ Jicama (2)
- ☐ Kalamata Olives (1/4 cup)
- ☐ Kale, fresh (3 containers)
- ☐ Kiwi (1)
- ☐ Lemon (4-5)
- ☐ Limes (3)
- ☐ Mango (1)
- ☐ Mint (small bunch)
- ☐ Mixed Greens (8 cups)
- ☐ Onion, red (1)
- ☐ Onion, yellow (5)
- ☐ Oranges (2)
- ☐ Papaya (1)
- ☐ Pear (2)
- ☐ Raspberries (1 pint)
- ☐ Shallot (1)

Week One

Produce

- ☐ Snap Peas (1 cup)
- ☐ Snow Peas (2 cups)
- ☐ Spaghetti Squash (2 medium)
- ☐ Spinach, baby (4 cups)
- ☐ Strawberries (3 c)
- ☐ Sweet Potatoes (2 large)
- ☐ Tomato (optional for tacos)
- ☐ Zucchini (2 medium)

Week One

Refrigerator/Freezer

- ☐ Nondairy Yogurt, plain & unsweetened (1 c)
- ☐ Plant Milk, plain & unsweetened
- ☐ Tortillas, corn (4)

Week One

Nuts/Seeds and Dried Foods

- ☐ Almond Butter
- ☐ Almonds, raw
- ☐ Black Beans, dried (1 lb.)
- ☐ Cashew Butter
- ☐ Chia Seeds
- ☐ Chunky Peanut Butter
- ☐ Cranberries, dried
- ☐ Flax Seeds
- ☐ Peanuts
- ☐ Pecans, raw
- ☐ Poppy Seeds (optional)
- ☐ Raisins
- ☐ Sesame Seeds
- ☐ Sunflower Seeds
- ☐ Walnuts, raw

Week One

Baking/Grains, Lentils

- ☐ Apple Cider Vinegar
- ☐ Arrowroot Powder
- ☐ Artichoke Hearts
- ☐ Baking Powder (gluten free)
- ☐ Balsamic Vinegar
- ☐ Black Beans
- ☐ Black Pepper, ground
- ☐ Bread, gluten free
- ☐ Brown Rice
- ☐ Cannellini Beans or Northern Beans
- ☐ Cayenne Powder, optional
- ☐ Chickpeas/Garbanzo Beans
- ☐ Chili Powder, optional
- ☐ Chocolate Chips (Vegan)
- ☐ Cinnamon, ground
- ☐ Coconut Milk
- ☐ Coconut Sugar
- ☐ Coriander
- ☐ Cumin
- ☐ Dijon Mustard
- ☐ Garlic powder
- ☐ Green Curry Paste
- ☐ Honey or Agave
- ☐ Maple Syrup
- ☐ Nutritional yeast “nooch”
- ☐ Old Fashioned Oats
- ☐ Oregano, dried
- ☐ Paprika
- ☐ Parsley, dried
- ☐ Popcorn
- ☐ Quinoa
- ☐ Red Pepper Flakes, optional
- ☐ Sea Salt
- ☐ Tamari
- ☐ Thyme
- ☐ Tomatoes for paste
- ☐ Tomatoes to dice
- ☐ Turmeric Powder
- ☐ 96oz Vegetable Broth
- ☐ Wild Rice