



— PURE —

Whole-Food & Plant-Based Support

Shopping Checklist

Week Three

Week Three

Produce

- ☐ Apples, honey crisp (3)
- ☐ Avocados (3)
- ☐ Bananas (3)
- ☐ Basil (1 lg bunch)
- ☐ Beets (2)
- ☐ Broccoli (1 head)
- ☐ Butternut Squash (1 pound)
- ☐ Cabbage, purple (1 head)
- ☐ Celery (3 stalks)
- ☐ Cilantro (3 bunches)
- ☐ Cucumber (1)
- ☐ Fennel, fresh (3 TBSP)
- ☐ Garlic (2 bulbs)
- ☐ Ginger, fresh (1" piece)
- ☐ Grapefruit (2)
- ☐ Grapes (1 bunch)
- ☐ Green Onions
- ☐ Jalapeño, optional (2)
- ☐ Jicama (1)
- ☐ Kale (4 cups)
- ☐ Kiwi (1)
- ☐ Lemons (8)
- ☐ Limes (4)
- ☐ Mint (1 sm bunch)
- ☐ Mixed Greens (1 container)
- ☐ Onion, white (1)
- ☐ Onion, yellow (3)
- ☐ Oranges (2)
- ☐ Parsley (1 sm bunch)
- ☐ Pears (2)
- ☐ Pineapple (1)
- ☐ Plums (7)
- ☐ Purple Cabbage (1)
- ☐ Rainbow/Swiss Chard (1 bunch)
- ☐ Romain Lettuce (2 heads)
- ☐ Shallot (1)
- ☐ Snap Peas (1 handful)
- ☐ Spinach (9 cups)
- ☐ Sprouts of any kind
- ☐ Strawberries (2 pints)

Week Three

Produce

- ☐ Sweet Bell Pepper, red (1)
- ☐ Sweet Potatoes (2)
- ☐ Thai Basil, omit if you can't find
- ☐ Watermelon (4 cups)
- ☐ Zucchini (1 large)

Week Three

Refrigerator/Freezer

- ☐ Edamame (1/2 cup)
- ☐ Plant Milk, plain & unsweetened
- ☐ Tortillas, corn (4)

Week Three

Nuts/Seeds and Dried Foods

- ☐ Almond Butter
- ☐ Almonds, raw
- ☐ Cashew Butter
- ☐ Cashews, raw
- ☐ Cherries, dried
- ☐ Chia Seeds
- ☐ Cranberries, dried
- ☐ Figs, dried
- ☐ Flax seed, ground/meal
- ☐ Lentils, 1 cup
- ☐ Peanut Butter
- ☐ Peanuts
- ☐ Pecans
- ☐ Pistachios
- ☐ Raisins
- ☐ Sunbutter
- ☐ Sunflower Seeds
- ☐ Walnuts, raw

Week Three

Baking/Grains, Lentils

- ☐ Apple Cider Vinegar
- ☐ Artichoke for Hearts
- ☐ Baking Flour (gluten free)
- ☐ Baking Powder (gluten free)
- ☐ Baking Soda
- ☐ Balsamic Vinegar
- ☐ Black Beans
- ☐ Black Pepper, ground
- ☐ Bread, gluten free
- ☐ Brown Rice
- ☐ Brown Rice Flour
- ☐ Cannellini Beans or Northern Beans
- ☐ Cayenne Powder, optional
- ☐ Chickpeas/Garbanzo Beans
- ☐ Chili Powder, optional
- ☐ Chocolate Chips (Vegan)
- ☐ Cinnamon, ground
- ☐ Coconut Milk
- ☐ Coconut Sugar
- ☐ Coconut, shredded
- ☐ Coriander
- ☐ Crushed Red pepper, optional
- ☐ Cumin
- ☐ Farro (1/2 cup)
- ☐ Fennel, dried
- ☐ Garlic Powder
- ☐ Ginger, ground
- ☐ Gluten Free Flour
- ☐ Gluten Free Pasta
- ☐ Honey
- ☐ Maple Syrup
- ☐ Marjoram, dried
- ☐ Miso, white
- ☐ Nutmeg, ground
- ☐ Nutritional yeast, 'nooch'
- ☐ Old Fashioned Rolled Oats
- ☐ Oregano, dried
- ☐ Parsley, dried
- ☐ Pumpkin
- ☐ Pumpkin spice

Week Three

Baking/Grains, Lentils

- ☐ Quinoa
- ☐ Red Pepper Flakes, optional
- ☐ Red Wine Vinegar
- ☐ Sea Salt
- ☐ Tahini
- ☐ Tamara
- ☐ Tomatoes, diced
- ☐ Turmeric, ground
- ☐ Vegetable Stock (96 oz.)