



— PURE —

Whole-Food & Plant-Based Support

Shopping Checklist

Week Two

Week Two

Produce

- ☐ Apples (2)
- ☐ Arugula (2 containers)
- ☐ Asparagus (1 bunch)
- ☐ Avocados (4)
- ☐ Banana (1)
- ☐ Blueberries, fresh (2 pints)
- ☐ Broccoli (1 head)
- ☐ Butternut Squash (1 large)
- ☐ Button Mushrooms (1 pkg)
- ☐ Cabbage
- ☐ Carrot (8)
- ☐ Cauliflower (1 head)
- ☐ Celery (4 stalks)
- ☐ Cherries, pitted (1 cup)
- ☐ Cilantro/parsley (1 bunch)
- ☐ Collard Leaves (4)
- ☐ Cremini Mushrooms (1 pkg)
- ☐ Cucumber (1)
- ☐ Grapefruit (1)
- ☐ Grapes (1 lg bunch)
- ☐ Green Onions
- ☐ Kale (2 bunches)
- ☐ Kale, Lacinato (1 bunch)
- ☐ Kiwi (2)
- ☐ Lemons (8)
- ☐ Lettuce
- ☐ Limes (2)
- ☐ Mangoes (2)
- ☐ Mint, fresh (1 small bunch)
- ☐ Onion, red (2)
- ☐ Onion, white (1)
- ☐ Oranges (4)
- ☐ Parsley (1 bunch)
- ☐ Peach (1)
- ☐ Pineapple (1)
- ☐ Portobello mushrooms (4 large)
- ☐ Raspberries (2 pints)
- ☐ Rosemary, fresh (1 sm bunch)

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Produce

- ☐ Shallot (1)
- ☐ Spinach (1 container)
- ☐ Strawberries (2 pints)
- ☐ Sweet bell pepper (1) red or orange
- ☐ Sweet Potatoes (4)
- ☐ Thyme (1 bunch)
- ☐ Tomatoes, cherry (1 pint)
- ☐ Zucchini (5)

Week Two

Refrigerator/Freezer

- ☐ Nondairy Yogurt, plain & unsweetened (3- 8oz. containers)
- ☐ Coconut Water
- ☐ Plant Milk, plain & unsweetened
- ☐ Tortillas, corn (4)

Week Two

Nuts/Seeds and Dried Foods

- ☐ Almond Butter
- ☐ Almonds, raw
- ☐ Cashews, raw
- ☐ Cherries, dried
- ☐ Chia seeds
- ☐ Coconut, shredded
- ☐ Cranberries, dried
- ☐ Dates, dried (1.5 cups)
- ☐ Flax, ground/meal
- ☐ Hemp hearts
- ☐ Pine Nuts
- ☐ Raisins
- ☐ Sesame Seeds
- ☐ Sunbutter
- ☐ Walnuts

Week Two

Baking/Grains, Lentils

- ☐ Apple Cider Vinegar
- ☐ Applesauce
- ☐ Arborio Rice
- ☐ Baking Power (gluten free)
- ☐ Balsamic Vinegar
- ☐ Bay Leaf, dry
- ☐ Black Beans
- ☐ Black pepper, ground
- ☐ Bread, gluten free
- ☐ Brown Rice (or quinoa)
- ☐ Buckwheat Flour
- ☐ Buckwheat Soba Noodles (1 pkg)
- ☐ Cannellini Beans or Northern Beans
- ☐ Cayenne Powder, optional
- ☐ Chili Powder, optional
- ☐ Chipotle powder, optional
- ☐ Cinnamon
- ☐ Coconut Sugar
- ☐ Cumin
- ☐ Curry Powder
- ☐ Vegetable broth (96 oz.)
- ☐ Garbanzo Beans/Chickpeas
- ☐ Garlic Powder
- ☐ Ginger, ground
- ☐ Honey (or maple syrup/agave)
- ☐ Maple Syrup
- ☐ Navy Beans
- ☐ Oat Flour
- ☐ Old Fashioned Rolled Oats
- ☐ Oregano
- ☐ Paprika
- ☐ Pinto Beans
- ☐ Pitas (Gluten Free)
- ☐ Popcorn
- ☐ Red Pepper Flakes (optional)
- ☐ Saffron
- ☐ Sage, fresh
- ☐ Sea Salt
- ☐ Tamari or Liquid Aminos
- ☐ Tapioca Flour
- ☐ Thyme
- ☐ Turmeric, ground