



— PURE —

Whole-Food & Plant-Based Support

Shopping Checklist

Week Four Transitional

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 (2 head)
- ☐ Celery (1 bunch)
- ☐ Chard, swiss or rainbow (1 bunch)
- ☐ Chives (1 bunch)
- ☐ Cilantro (1 bunch)
- ☐ Collard Leaves (8)
- ☐ Corn (1/2 cup)
- ☐ 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)
- ☐ Potato, russet (2)
- ☐ 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)
- ☐ Sweet Potatoes (3)
- ☐ Thyme, fresh (1 tsp.)
- ☐ Tomato (1 large)
- ☐ Zucchini (1)

Week Four

Refrigerator/Freezer

- ☐ Chicken Breast, Boneless & Skinless (2)
- ☐ Coconut Water
- ☐ Eggs (4)
- ☐ Plain Unsweetened Plant Milk
- ☐ Unsweetened Plain Plant Yogurt
- ☐ Salmon Filets (eight 5-8 oz.)
- ☐ Shrimp, jumbo, peeled & deveined (2 lbs.)
- ☐ Tortillas, gluten free (4)
- ☐ Turkey, sliced (8 oz.)

Week Four

Nuts/Seeds and Dried Foods

- ☐ Almonds (24)
- ☐ Cashews (1/2 lb.)
- ☐ Chia Seeds
- ☐ Coconut, shredded
- ☐ Cranberries, dried (1/4 cup)
- ☐ Dates, dried (10)
- ☐ Flax Seed, ground
- ☐ Hemp Seeds (2 tbsp.)
- ☐ Pine Nuts (1/2 cup)
- ☐ Pistachios (1/4 cup)
- ☐ Raisins (1/4 cup)
- ☐ Sun Butter
- ☐ Walnuts

Week Four

Baking/Grains, Lentils

- ☐ Almond extract (optional)
- ☐ Artichokes for hearts
- ☐ Baking Powder, gluten free
- ☐ Balsamic Vinegar (2 tbsp.)
- ☐ Basil, dry
- ☐ Bay Leaf, dry (2)
- ☐ Black Beans
- ☐ Bread, gluten free
- ☐ Brown Rice (1/2 cup)
- ☐ Bulgur (1/2 cup)
- ☐ Chai Spice blend
- ☐ Champagne Vinegar
- ☐ Chickpeas
- ☐ Chili Powder, optional
- ☐ Chinese 5 Spice Powder
- ☐ Chocolate Chips, vegan
- ☐ Cinnamon
- ☐ Coconut Milk
- ☐ Coconut Sugar
- ☐ Coriander, ground
- ☐ Crushed Red Pepper, optional
- ☐ Cumin, ground
- ☐ Dill, dried
- ☐ Garlic Powder
- ☐ Ginger, ground
- ☐ Honey
- ☐ Israeli Couscous (1.5 cups)
- ☐ Kidney Beans
- ☐ Lentils, green (2.5 cups)
- ☐ Maple Syrup
- ☐ Nutmeg
- ☐ Old Fashioned Oats
- ☐ Onion Powder
- ☐ Paprika
- ☐ Pita (4)
- ☐ Popcorn
- ☐ Quinoa (3/4 cup)
- ☐ Red Wine Vinegar
- ☐ Sea Salt
- ☐ Steak Sauce, optional

Week Four

Baking/Grains, Lentils

- ☐ Tahini (1/4 cup)
- ☐ Tamari
- ☐ Tapioca Flour (3 tbsp.)
- ☐ Thyme, dry
- ☐ Tomato Paste
- ☐ Tomatoes, chopped (1.5 cups)
- ☐ Turmeric Powder
- ☐ Vanilla Extract
- ☐ Vegetable Stock (10 cups)
- ☐ White Wine, dry (4 tbsp.)
- ☐ Whole Grain Mustard
- ☐ Wild Rice