



— PURE —

Whole-Food & Plant-Based Support

Shopping Checklist

Week One Transitional

Week One

Produce

- ☐ Apples, honey crisp(2)
- ☐ Artichoke Hearts
- ☐ Arugula (4 cups)
- ☐ Avocados (3)
- ☐ Bananas (7)
- ☐ Basil (small bunch)
- ☐ Beets (2)
- ☐ Blueberries (1.5 cups)
- ☐ Broccoli (2 heads)
- ☐ Brussel Sprouts (4 cups)
- ☐ Carrots (5)
- ☐ Celery (10 stalks)
- ☐ Cilantro, 1 bunch
- ☐ Collard Greens, 1 bunch
- ☐ Corn Tortillas, 8
- ☐ Cucumber (1)
- ☐ Dill (small bunch)
- ☐ Fennel (2 bulbs)
- ☐ Garlic (2-3 bulbs)
- ☐ Ginger (4" piece)
- ☐ Grapes (1 cup)
- ☐ Green Apples (2)
- ☐ Green Onions (1 lg bunch)
- ☐ Jicama (2)
- ☐ Kalamata Olives (1/4 cup)
- ☐ Kale (3 bunches)
- ☐ Kiwi (1)
- ☐ Lemons (4)
- ☐ Limes (2-3)
- ☐ Mango (1 cup)
- ☐ Mint (small bunch)
- ☐ Mixed Greens (8 cups)
- ☐ Mushrooms, button (2 cups)
- ☐ Onion, red (1)
- ☐ Onion, yellow (4)
- ☐ Orange (1)
- ☐ Papaya (1)
- ☐ Parsley, fresh (1 bunch)
- ☐ Pears (2)
- ☐ Raspberries (1 pint)

Week One

Produce

- ☐ Romaine Lettuce (4 cups)
- ☐ Rosemary, fresh/dried (1 Tbl)
- ☐ Shallot (1)
- ☐ Snap Peas (1 cup)
- ☐ Spaghetti Squash (2 large)
- ☐ Strawberries (3 cups)
- ☐ Sweet Potato (2 large)
- ☐ Tomatoes, Campari/grape (3/4 lb.)
- ☐ Tomatoes, cherry (3 cups)
- ☐ Zucchini (2 medium)

Week One

Refrigerator/Freezer

- ☐ Chicken breasts, boneless (5)
- ☐ Eggs (4)
- ☐ Halibut fillets (4)
- ☐ Non-Dairy Yogurt, plain (2 cups)
- ☐ Plain, unsweetened plant milk (2 cups)
- ☐ Salmon Filets (4)
- ☐ Shrimp, peeled & de-veined (1 lb.)
- ☐ Turkey, ground (1 lb.)

Week One

Nuts/Seeds and Dried Foods

- ☐ Almond Butter
- ☐ Almonds (3/4 cup)
- ☐ Black Beans, dried (1 lb.)
- ☐ Cashew Butter
- ☐ Chia Seeds (3 tbsp.)
- ☐ Cranberries, dried
- ☐ Dates (or maple syrup)
- ☐ Flax Seeds, ground
- ☐ Peanut Butter, chunky
- ☐ Pecans (1/2 cup)
- ☐ Poppy Seeds (optional)
- ☐ Raisins
- ☐ Sesame Seeds (1 tbsp.)
- ☐ Sunflower Seeds (1/4 cup)
- ☐ Walnuts (1.25 cup)

Week One

Baking/Grains, Lentils

- ☐ Apple Cider Vinegar
- ☐ Baking Powder (gluten free)
- ☐ Balsamic Vinegar
- ☐ Black Beans
- ☐ Black Pepper, ground
- ☐ Bread, gluten free
- ☐ Brown Rice
- ☐ Cacao Nibs
- ☐ Cannellini Beans
- ☐ Capers (2 tsp)
- ☐ Cayenne Powder (optional)
- ☐ Chickpeas (15 oz)
- ☐ Chili Powder, optional
- ☐ Chinese Rice Noodles (1 pkg)
- ☐ Cinnamon, ground
- ☐ Coconut Sugar
- ☐ Coriander, dried
- ☐ Corn Starch/arrowroot flour
- ☐ Cumin, dried
- ☐ Dijon Mustard
- ☐ Garlic powder
- ☐ Honey, raw
- ☐ Hot Sauce, optional
- ☐ Kosher Salt
- ☐ Maple Syrup
- ☐ Nutritional Yeast (1/2 cup)
- ☐ Old Fashioned Rolled Oats (2 cups)
- ☐ Oregano (2 tsp)
- ☐ Paprika
- ☐ Popcorn
- ☐ Red Pepper, optional
- ☐ Rice Vinegar
- ☐ Steak Sauce, optional
- ☐ Tamari
- ☐ Tomatoes, crushed (2 cups)
- ☐ Turmeric Powder
- ☐ Vanilla Extract
- ☐ Vegan Chocolate Chips (5 tbsp)
- ☐ Vegetable/chicken broth (10 cups)

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- ☐ Turmeric Powder
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- ☐ Vegan Chocolate Chips (5 tbsp)
- ☐ Vegetable/chicken broth (10 cups)
- ☐ White Wine Vinegar
- ☐ Wild Rice (1.5 cups)