



# — PURE —

Whole-Food & Plant-Based Support

## Shopping Checklist

Week Three Transitional

# Week Three

## Produce

- ☐ Apples, honey crisp (3)
- ☐ Avocados (2)
- ☐ Bananas (2)
- ☐ Basil, fresh (3 cups)
- ☐ Beets (1 cup)
- ☐ Bell Pepper, sweet red/orange
- ☐ Broccoli (1 head)
- ☐ Butternut Squash (4 cups)
- ☐ Cabbage, purple (1 sm head)
- ☐ Celery (3 stalk)
- ☐ Cilantro (1-2 bunches)
- ☐ Cucumber, English
- ☐ Edamame (1/2 cup shelled)
- ☐ Fennel (1 bulb)
- ☐ Garlic (16 cloves)
- ☐ Ginger (2" piece)
- ☐ Grapefruit (2)
- ☐ Grapes, seedless (1/2 cup)
- ☐ Green Beans (1 lb.)
- ☐ Jalapenos, optional
- ☐ Jicama (1/2 cup)
- ☐ Kale (4 cups)
- ☐ Kiwi (1)
- ☐ Lemons (8 )
- ☐ Lime (3)
- ☐ Mint, fresh (1 sm bunch)
- ☐ Onion, white (1)
- ☐ Onion, yellow (2)
- ☐ Oranges (2)
- ☐ Parsley, flat leaf (1/4 cup)
- ☐ Pears (2)
- ☐ Pineapple (1)
- ☐ Plums (7)
- ☐ Purple Cabbage (1 head)
- ☐ Rainbow Chard or Swiss Chard (8 leaves)
- ☐ Romaine Lettuce (2 heads)
- ☐ Shallot (1)
- ☐ Spinach (9 cups)
- ☐ Sprouts (1 sm container)
- ☐ Strawberries (2 pints)

# Week Three

## **Produce**

- ☐ Sugar Snap Peas (9)
- ☐ Sweet Potatoes (2 medium)
- ☐ Thai Basil (omit if you can't find)
- ☐ Tomatoes, cherry (10 oz.)
- ☐ Watermelon (4 cups)
- ☐ Zucchini (1 large)

# Week Three

## **Refrigerator/Freezer**

- ☐ Chicken Breast, boneless & skinless (4)
- ☐ Plain Unsweetened Plant Milk
- ☐ Eggs (2)
- ☐ Salmon, Filet (5 thick steaks with or without skin)
- ☐ Salsa, optional
- ☐ Sea Scallops (8 fresh)
- ☐ Turkey, ground (1 lb.)
- ☐ Turkey, sliced (3 oz.)

# Week Three

## **Nuts/Seeds and Dried Foods**

- ☐ Almond Butter
- ☐ Almonds (2 tbsp.)
- ☐ Cashew Butter
- ☐ Cashews, raw (1/2 cup)
- ☐ Cherries, dried (1/4 cup)
- ☐ Chia Seeds
- ☐ Cranberries, dried
- ☐ Figs, dried (1 cup)
- ☐ Flax seed, ground/meal
- ☐ Lentils, 1 cup
- ☐ Peanut Butter
- ☐ Peanuts
- ☐ Pecans
- ☐ Pistachios (1/4 cup)
- ☐ Raisins
- ☐ Sunbutter
- ☐ Sunflower Seeds (2 tbsp.)
- ☐ Walnuts

# Week Three

## **Baking/Grains, Lentils**

- ☐ Almond Flour
- ☐ Apple Cider Vinegar
- ☐ Artichoke Hearts
- ☐ Baking Flour (gluten free)
- ☐ Baking Powder (gluten free)
- ☐ Baking Soda
- ☐ Balsamic Vinegar
- ☐ Black Beans
- ☐ Bread, gluten free
- ☐ Brown Rice Flour
- ☐ Brown Rice (1 cup dry)
- ☐ Cacao Nibs
- ☐ Cannellini Beans
- ☐ Cayenne Powder
- ☐ Chickpeas
- ☐ Chili Garlic Sauce, optional
- ☐ Chili Powder, optional
- ☐ Chocolate Chips (vegan)
- ☐ Cinnamon, ground
- ☐ Coconut Milk
- ☐ Coconut Sugar
- ☐ Coriander, ground
- ☐ Corn Chips (1 bag)
- ☐ Cumin, ground
- ☐ Dijon Mustard
- ☐ Farro (1/2 cup)
- ☐ Fennel, dried
- ☐ Garlic Powder
- ☐ Ginger, ground
- ☐ Gluten Free Flour
- ☐ Ground Black Pepper
- ☐ Honey
- ☐ Maple Syrup
- ☐ Marjoram, dried (1 tbsp.)
- ☐ Nutmeg
- ☐ Nutritional Yeast (Nooch)
- ☐ Old Fashioned Oats
- ☐ Olives, black
- ☐ Onion Powder
- ☐ Oregano, dried

# Week Three

## **Baking/Grains, Lentils**

- ☐ Parsley, dried
- ☐ Pumpkin Pie Spice
- ☐ Pumpkin Puree
- ☐ Quinoa (1 cup)
- ☐ Red Pepper Flakes, optional
- ☐ Red Wine Vinegar
- ☐ Sea Salt
- ☐ Spinach Linguini or gluten free pasta (1/4 box)
- ☐ Tahini Paste (1/4 cup)
- ☐ Tamari
- ☐ Tomatoes, diced
- ☐ Tortillas, corn (4)
- ☐ Turmeric Powder
- ☐ Vanilla Extract
- ☐ Vegetable Stock (9 cups)
- ☐ White Miso
- ☐ White Wine, dry (1/4 cup)