



— PURE —

Whole-Food & Plant-Based Support

Shopping Checklist

Week Two Transitional

Week Two

Produce

- Apple, green (1)
- Apples, honey crisp (5)
- Arugula (4 cups)
- Asparagus (1 bunch)
- Avocado (1)
- Banana (1)
- Blueberries (5 cups)
- Broccoli (2 med heads)
- Butternut Squash (1 large)
- Carrots (8)
- Cauliflower(4 cups)
- Celery (3 stalks)
- Cherries (1 cup)
- Chives, chopped (1 tbsp.)
- Cilantro (1 bunch)
- Collard Leaves (4)
- Garlic (5 cloves)
- Grapefruit (1)
- Grapes (3 cups)
- Kale (2 bunches)
- Kiwi (2)
- Lemon (6)
- Mango (2)
- Mint, fresh (1 sm bunch)
- Mushroom, Portobello (1)
- Mushroom, Baby Port (10 oz.)
- Mushrooms, button (10 oz.)
- Onion, red (2 small)
- Onion, yellow (2)
- Oranges (4)
- Parsley (1 bunch)
- Peach (1)
- Pineapple (2 cups)
- Raspberries (1 pint)
- Rosemary, fresh (2 sprigs)
- Sage, fresh (1 teaspoon)
- Spinach (4 cups)
- Strawberries (1 pint)
- Sugar Snap Peas (3/4 lb.)
- Sweet Potatoes (3)
- Thyme (10 Stalks)
- Zucchini (5 medium)

Week Two

Refrigerator/Freezer

- Chicken Breasts, boneless & skinless (2)
- Coconut Water (1 cup)
- Eggs (4)
- Halibut Filets (2 – 4 oz.)
- Plain, Unsweetened Plant Milk (3 cups)
- Plant Yogurt (1/2 cup)
- Pork Tenderloin (1)
- Salmon Filets (2 – 6 oz.)
- Salsa, optional
- Shrimp, peeled & de-veined (1 lb.)
- Tortillas, gluten free (2)
- Turkey Breast, Sliced (4 oz.)
- Turkey, Ground (1 lb.)

Week Two

Nuts/Seeds and Dried Foods

- Almond Butter
- Almonds (1/2 cup)
- Cashews (2 cups)
- Cherries, dried (1/2 cup)
- Chia seeds (1/2 cup)
- Coconut, shredded
- Cranberries, dried (1 cup)
- Dates, dried (4-6)
- Flax (1 tbsp.)
- Flax Meal
- Hemp Hearts
- Raisins
- Sesame Seeds (1 tbsp.)
- Sun Butter

Week Two

Baking/Grains, Lentils

- Apple Cider Vinegar
- Applesauce (1/2 cup)
- Baking Powder (gluten free)
- Bay Leaf, dried (1)
- Black Beans
- Black Pepper, ground
- Brown Rice
- Brown Rice Flour
- Buckwheat Flour
- Buckwheat Soba Noodles (1 pkg)
- Cayenne Pepper
- Chickpeas
- Chili Flakes, optional
- Cinnamon, ground
- Coconut Milk, light (1 can)
- Coconut Sugar
- Coriander, ground
- Cumin, ground
- Dry Sherry (1/8 cup)
- Garlic Powder
- Ginger, ground
- Honey (or maple syrup/agave)
- Honey Mustard
- Maple Syrup
- Muffin Tin Liners
- Navy Beans
- Old Fashioned Oats
- Paprika
- Pitas (2)
- Popcorn
- Red Pepper Flakes, optional
- Roasted Red Peppers
- Sea Salt
- Soy, tamari
- Tahini
- Tapioca Flour (1 tbsp.)
- Thyme, dried
- Turmeric Powder
- Vanilla Extract
- Vegetable Broth (64 oz.)