



— PURE —

Whole-Food & Plant-Based Support

Shopping Checklist

Week Three

Week Three

Produce

- Apples, honey crisp (3)
- Avocados (3)
- Bananas (3)
- Basil (1 lg bunch)
- Beets (2)
- Broccoli (1 head)
- Butternut Squash (1 pound)
- Cabbage, purple (1 head)
- Celery (3 stalks)
- Cilantro (3 bunches)
- Cucumber (1)
- Fennel, fresh (3 TBSP)
- Garlic (2 bulbs)
- Ginger, fresh (1" piece)
- Grapefruit (2)
- Grapes (1 bunch)
- Green Onions
- Jalapeño, optional (2)
- Jicama (1)
- Kale (4 cups)
- Kiwi (1)
- Lemons (8)
- Limes (4)
- Mint (1 sm bunch)
- Mixed Greens (1 container)
- Onion, white (1)
- Onion, yellow (3)
- Oranges (2)
- Parsley (1 sm bunch)
- Pears (2)
- Pineapple (1)
- Plums (7)
- Purple Cabbage (1)
- Rainbow/Swiss Chard (1 bunch)
- Romain Lettuce (2 heads)
- Shallot (1)
- Snap Peas (1 handful)
- Spinach (9 cups)
- Sprouts of any kind
- Strawberries (2 pints)

Week Three

Produce

- Sweet Bell Pepper, red (1)
- Sweet Potatoes (2)
- Thai Basil, omit if you can't find
- Watermelon (4 cups)
- Zucchini (1 large)

Week Three

Refrigerator/Freezer

- Edamame (1/2 cup)
- Plant Milk, plain & unsweetened
- Tortillas, corn (4)

Week Three

Nuts/Seeds and Dried Foods

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

Week Three

Baking/Grains, Lentils

- Apple Cider Vinegar
- Artichoke for Hearts
- Baking Flour (gluten free)
- Baking Powder (gluten free)
- Baking Soda
- Balsamic Vinegar
- Black Beans
- Black Pepper, ground
- Bread, gluten free
- Brown Rice
- Brown Rice Flour
- Cannellini Beans or Northern Beans
- Cayenne Powder, optional
- Chickpeas/Garbanzo Beans
- Chili Powder, optional
- Chocolate Chips (Vegan)
- Cinnamon, ground
- Coconut Milk
- Coconut Sugar
- Coconut, shredded
- Coriander
- Crushed Red pepper, optional
- Cumin
- Farro (1/2 cup)
- Fennel, dried
- Garlic Powder
- Ginger, ground
- Gluten Free Flour
- Gluten Free Pasta
- Honey
- Maple Syrup
- Marjoram, dried
- Miso, white
- Nutmeg, ground
- Nutritional yeast, 'nooch'
- Old Fashioned Rolled Oats
- Oregano, dried
- Parsley, dried
- Pumpkin
- Pumpkin spice

Week Three

Baking/Grains, Lentils

- Quinoa
- Red Pepper Flakes, optional
- Red Wine Vinegar
- Sea Salt
- Tahini
- Tamara
- Tomatoes, diced
- Turmeric, ground
- Vegetable Stock (96 oz.)