



— 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.)