

Grocery List

This grocery list is designed for *one person*, so if you are cooking for another person or your whole family, just multiply each ingredient by however many people will be eating these meals!

Ex: List says 1 lb salmon, but you're cooking for 4 people.

1 lb x 4 = 4 lbs of salmon

Meat

Chicken (boneless, skinless great or thigh): 3/4 lb

Shrimp: 2/3 lbs. Raw, peeled, or cooked. Fresh or frozen

Ground beef (grass fed is best): 3/4 lb

Canned Solid White Tuna in Water: 1 small can

Broth: 24 oz (chicken or vegetable)

Salmon: 1 lb

Tip: Buy wild caught salmon if you can!

Dairy & Dairy Alternatives

Eggs: 4

Coconut Water: 16oz (regular water works too)

Milk of your choice (cow, almond, soy, oat, etc.): 2 cups

Mozzarella cheese: 2 slices

Plain greek yogurt: 3 cups

Tip: Try to get greek yogurt with less than 10g of sugar (NOT ADDED SUGAR) and more than 15g of protein.

Sauce

Salsa: 2 tbsp

Sriracha: (optional) 2 tbsp

Tomato sauce: 8 oz

Soy sauce or liquid amino acids by Braggs: 2 tbsp

Dry Goods

Chopped pecans: optional, 1/4 cup

Almonds: 1/4 cup

Dark chocolate chips: 1/3 cup

Peanut butter: 3 tsp

Tip: Use peanut butter that has peanuts and salt ONLY, no oil or added sugar

Spices

Cinnamon: 1/2 tsp

Fresh basil: 0.5 oz

Dried dill: 1 tsp

Dried basil: 1 tsp

Pickle relish: 2 tbsp

Chili powder: 1 tbsp

Ground cumin: 1 tsp

Oil

Olive oil: 12 oz

Balsamic vinegar: 12 oz

Sesame oil: 2 tbsp

Carbs

Quinoa: 2/3 cup dry (makes 2 cups when cooked)

Organic rice: 2 cups cooked

Organic Tortilla chips: 1 bag

Old Fashioned Oats: 1 1/2 cups

Large tortillas: 4 (your choice of flour, corn, gf...)

Fruits & Vegetables

Blueberries: 1 cup (8 oz)

Lemon: 1

Banana: 4

Frozen Strawberries: 10 frozen strawberries (1 small bag)

Dried Apricots: 8 (*no added sugar or sulfur dioxide*)

Onion: 1

Lettuce (shredded or whole): 1 head

Fresh ginger: 1 tbsp

Garlic: 2 cloves

Broccoli: 2 heads fresh or 12oz frozen

Avocados: 1 large or 2 small

Grapefruit: 1

Spinach: 32 oz

Green beans: 12 oz (frozen or raw)

Sweet potatoes: 2 medium

Zucchini - 2 small

Celery - 3 stalks

Cucumber - 1

Baby carrots - 6

White beans: 1 cup (8 oz)

Baking potato - 1

Tomatoes: 16 oz (Grape, cherry, or whole. Your choice.)

Red bell peppers: 1 large or 2 small red bell peppers,

Tip: 3 lobbed peppers are better for cooking, while 4 lobbed peppers are best for snacking.