

week 1

TRANSFORMATION  
PROGRAM  
shopping  
list



# SHOPPING LIST WEEK 1

GRAINS	VEGGIES	NON-DAIRY	SEASONINGS, CONDIMENTS, SWEETNERS	MEAT, POULTRY & FISH
Quinoa Brown Rice GF Granola  <b>BEANS:</b> Lentils Black beans  <b>SEEDS &amp; NUTS:</b> Pumpkin Hemp Chia Almonds Flax, ground Walnuts Almond meal	Spinach Mixed Greens Cherry Tomatoes Grape Tomatoes Tomatoes Cucumber Onions Red Onions Zucchini Carrots Parsley Red Bell Pepper Cilantro Scallions Shallots Cabbage Kale Baby Bella Mushrooms Romaine Avocado Jalapeño Asparagus <b>FRUIT:</b> Blueberries Banana Red Grapes Berries Pineapple Granny Smith Limes Lemons Goji Berries Raisins	Hemp, Almond, Oat, or Rice Milk Vanilla Coconut Yogurt Vegenaïse Coconut Milk Coconut Water Tofu  <b>NUT &amp; SEED            BUTTERS:</b> Almond Sunflower Seed  <b>DAIRY:</b> Eggs Yogurt	Coconut Sugar Raw Honey Stevia Cinnamon Himalayan Pink or Celtic Sea Salt Coconut Oil Sunflower Oil Olive Oil Curry Powder Cumin Chipotle, ground Apple Cider Vinegar Dijon Mustard Smoked Paprika Thai Red Curry Paste Ground Ginger Ginger Garlic Cloves Turmeric Ground Mustard Seed Coriander Capers Thyme Cayenne Black Pepper Lemon Zest Sauerkraut Kimchee Salsa	Ground Chicken, Beef, or Turkey Chicken Breast Pink Salmon Tuna, canned Soup Bones Deli Meat