



week 3

TRANSFORMATION  
PROGRAM  
shopping  
list

# SHOPPING LIST WEEK 3

GRAINS & GF PASTA	VEGGIES	NON-DAIRY	SEASONINGS, CONDIMENTS, SWEETENERS	MEAT, POULTRY & FISH
<p>Quinoa GF Oatmeal GF Flour GF Granola</p> <p><b>BEANS:</b> Black Beans</p> <p><b>SEEDS &amp; NUTS:</b> Flax seed, ground Pumpkin Seeds Chia Seeds Almond Meal</p>	<p>Cilantro, fresh Red Onion Corn, fresh or frozen Cherry Tomatoes Scallions Parsley, fresh Carrots Romaine Lettuce Snap Peas Spinach Sprouts Kale Avocado Cucumber Beets, canned Red Bell Pepper</p> <p><b>FRUIT:</b> Granny Smith Apple Berries Pineapple Currants Lemons Limes Banana Goji Berries</p>	<p>Almond, Coconut, Rice, or Hemp Milk, Unsweetened Vanilla Coconut Yogurt</p> <p><b>NUT &amp; SEED BUTTERS:</b> Tahini Sunflower Seed Butter</p> <p><b>DAIRY:</b> Eggs</p>	<p>Himalayan Pink or Celtic Sea Salt Baking Soda Baking Powder Coconut Oil Cacao Powder Cacao Nibs Black Pepper Cumin Olive Oil Coconut Sugar Stevia Ginger, fresh Sunflower Oil Thyme, fresh Chipotle Powder Raw Honey Turmeric Garlic Powder Apple Cider Vinegar Dijon Mustard Cinnamon Rosemary Nutritional Yeast Chili Oil</p>	<p>Boneless Chicken Breasts Coho Salmon Chicken, Turkey, or Beef Pink Salmon, canned</p>