

Week 1 Shopping List

Pantry Items

	Amount
Almonds, slivered	1 c.
Baking powder	1 t.
Breadcrumbs, Italian	1 1/4 c.
Broth, organic vegetable	11 c.
Cherries, dried	3/4 c.
Coconut flakes	1/4 c.
Flour, all-purpose	1 c. + 2 t.
Maple syrup	3 T.
Oats, rolled	3 c.
Oil, coconut	1/4 c.
Oil, extra virgin olive	varies
Pasta, penne	1 16-oz. box
Quinoa	3/4 c. uncooked
Rice, brown	1 c. uncooked
Rice, wild	1 c. cooked
Sauce, sugar-free tomato	5 1/2 c.
Sugar, brown	1/4 c.
Sugar, white	1 c.
Sunflower seeds, raw	1/2 c.
Vanilla extract	1 T.

Canned Goods

	Amount
Beans, black	2 15-oz. cans
Beans, pinto	1 15-oz. can
Beans, refried	1 15-oz. can
Green chilis, diced	1 4-oz. can
Tomatoes with green chilis	2 14.5 oz. cans
Tomatoes, diced	1 14.5-oz. can
Tomatoes, petite diced	2 28-oz. cans

Refrigerated Items

	Amount
Butter, unsalted	1/2 c.
Cheese, cream	4 oz.
Cheese, goat	4 oz.
Cheese, Mexican blend	6 oz.
Cheese, Mozzarella	3 c.
Cheese, Parmesan - hard	2 1/2 c. grated
Cream, heavy	1/4 c.
Eggs	4 large
Milk, whole	1/2 c.
Yogurt, Greek or non-dairy	1 c. (optional)

Fresh Produce

	Amount
Bell pepper, red	2 medium
Eggplant	2 large
Garlic	2 head
Lemon (for juice)	1 large
Lime (for juice)	2 medium
Mushrooms, white	1/2 8-oz container
Onion, white	1 large
Onion, yellow	4 medium
Peaches	8 large
Peppers, Poblano	4 large
Spinach	5 c.
Tomato	1 large

Fresh Herbs

	Amount
Cilantro	1 bunch

Dried Herbs & Spices

	Amount
Allspice	varies
Basil, dried	varies
Bay leaves	varies
Chili powder	varies
Cinnamon	varies
Crushed red pepper flakes	varies
Cumin, ground	varies
Cumin, ground	varies
Garlic powder	varies
Italian seasoning	varies
Kosher salt	varies
Nutmeg	varies
Oregano, dried	varies
Rosemary, dried	varies
Sea salt and black pepper	varies
Taco seasoning	varies
Thyme	varies

Baked Goods

	Amount
Bread, Italian or French	1 loaf
Tortillas, flour	6 - 10" diameter

Frozen Items

	Amount
Ice cream (optional)	varies