

Produce:

- ☐ Tomato, diced (1/4 - 1 cup)
- ☐ Apples (7 - 10 medium)
- ☐ Cilantro, fresh (3 - 4 tbsp)
- ☐ Green Onions (1 - 2 medium)
- ☐ Potato (2 - 4 medium/ large + 1/2 to 1 cup)
- ☐ Spinach, fresh (2 - 3 3/4 cup)
- ☐ Basil, fresh (10 - 14 leaves)
- ☐ Blueberries (1 3/4 - 2 1/2 cups)
- ☐ Parsley, fresh (2 -3 tbsp)
- ☐ Banana (2 medium)
- ☐ Celery (5 - 12 stalks)
- ☐ Bell Peppers, red (4 -5 medium + 1/4 to 1/2 cup)
- ☐ Lettuce, shredded (1 - 1 1/2 cups)
- ☐ Tomato, diced (1 1/3 - 2 3/4 cups)
- ☐ Avocado, cubed (1/2 - 1 cup diced)
- ☐ Arugula (1 - 2 cups)
- ☐ Dill, fresh (2 - 4 tbsp)
- ☐ Juice, lemon (4 - 6 tsp)
- ☐ Onion (1 - 1 1/2 cup)
- ☐ Carrots (1/2 to 3/4 cup)
- ☐ Bell peppers, green (1/4 to 3/4 cup)
- ☐ Garlic (1 - 2 cloves)
- ☐ Mushrooms, crimini (baby portobello) (1 -2 cups)
- ☐ Pepper, poblano, seeded and diced (2 each)
- ☐ Mint, fresh (2 tbsp)

Meat Department:

- ☐ Chicken Breast (9-16 oz.)
- ☐ Salmon, fillet (3-7 oz.)
- ☐ turkey, ground (3-6 oz.)
- ☐ Shrimp, cooked (3-6 oz.) [can be substituted for Lamb or Chicken]

Dairy:

- ☐ Eggs (5 - 9)
- ☐ Plain whole milk Greek yogurt (3/4 cup to 1 1/4 cup)
- ☐ Reduced fat cheddar cheese, shredded (1/2 to 1 cup)
- ☐ Cheese, ricotta (1/4 to 1/3 cup)
- ☐ Provolone cheese (1/4 to 1/2 cup)

Frozen:

- ☐ Corn, frozen (1/2 - 1 cup)
- ☐ Carrots, frozen (1/2 - 3/4 cup)
- ☐ Cauliflower, frozen (1 1/2 - 2 1/4 cup)
- ☐ Broccoli, frozen (1/2 - 1 1/2 cups)

Center Store:

- ☐ Tortilla, whole wheat 8 in (3 - 6)
- ☐ Beans, black, canned (1 1/2 - 3 1/2 cups)
- ☐ Raisins (7-14 tbsp)
- ☐ Sauce, tomato (1/2 - 1 cup)
- ☐ Lasagna noodles, whole wheat (4 - 9 pieces, 1 box)
- ☐ Walnuts (3 - 6 tbsp)
- ☐ Sunflower Seed (3 - 6 tbsp)

Center Store (cont.):

- ☐ Granola, about 200 cal. per cup (2 1/2 cups plus 2 tbsp - 4 3/4 cups)
- ☐ Milk, almond, unsweetened (7 - 13 cups)
- ☐ Apricots, dried (1/2 - 1 1/2 cups)
- ☐ Almonds, sliced (1 1/2 cups)
- ☐ Dates, pitted (16)
- ☐ Cherries, dried (1 cup)
- ☐ Vanilla extract (1 1/4 tsp - 1 1/2 tsp)
- ☐ Cocoa powder, unsweetened (2 tbsp)
- ☐ Broth, vegetable, low sodium (2 - 3 cups)
- ☐ Peanut butter (3 tbsp + 2 tsp - 2 tbsp)
- ☐ Black Rice (1 1/2 - 3 1/4 cups)
- ☐ Pine nuts (2 - 3 tbsp)
- ☐ Flaxseeds (1 -2 tbsp)
- ☐ Popcorn, Air Popped (4 - 9 cups popped)
- ☐ Hummus (3/4 - 1 1/2 cups)
- ☐ Rice, brown (1 1/2 - 2 1/4 cups)
- ☐ Olive oil (8 - 13 tbsp)
- ☐ Honey (2 tsp - 1 tbsp)
- ☐ Chia Seeds (1/4 - 2/3 cup)
- ☐ Beans, garbanzo (1 - 2 cups)
- ☐ Rolled oats (1/2 - 1 cup)
- ☐ Applesauce, unsweetened (1/2 - 1 1/2 cups)
- ☐ Apple cider vinegar (1 tbsp)
- ☐ Quinoa (1/2 - 1 1/2 cups)
- ☐ Whole wheat penne (1 - 2 cups)
- ☐ Whole wheat couscous (3/4 to 1 1/2 cups)

Seasoning/Spices:

- ☐ Cinnamon (2 1/2 to 3 tsp)
- ☐ Cumin (1 - 2 tsp)
- ☐ Taco Seasoning (2 tsp)