

Grocery List

Ingredient	Quantity	Section
Whole Wheat Tortillas	4	Bakery
Chopped Walnuts	1/2 cup	Baking Aisle
Cinnamon	2 tsp	Baking Aisle
Dried Currants or Cranberries or Raisins	1/2 cup	Baking Aisle
Dried Oregano	1/2 tsp	Baking Aisle
Paprika	2 tsp	Baking Aisle
Salt and Pepper	pinch	Baking Aisle
Vanilla Extract	1 tsp	Baking Aisle
Eggs	10	Dairy
Low-fat cottage cheese	1/3 cup	Dairy
Plain Greek Yogurt	1 cup	Dairy
Rotisserie Chicken	1	Deli
Feta Cheese	3 cups	Deli
Chickpeas	1 can	Grocery
Extra Virgin Olive Oil	1 cup	Grocery
Red Wine or Balsamic Vinegar	1/4 cup	Grocery
Albacore Tuna	1 can	Grocery
Whole Grain Mustard	1 tbsp.	Grocery
Chia Seeds	1 bag	Organic
Hemp Heart Seeds	1 tbsp.	Organic
Quinoa	2 cups	Organic
Unsweetened Vanilla Almond Milk	1 cup	Organic
Avocados	4	Produce
Bananas	10	Produce
Shredded Baby Carrots	1 bag	Produce
Grape Tomatoes	1 large package	Produce
Cucumbers	2	Produce
Flat Leaf Parsley	1.5 cup	Produce
Kale	1 bunch	Produce
Lemon (for juice)	3 tbsp.	Produce
Mushrooms	2	Produce
Sweet Onion	1 large	Produce
Yellow pepper	¼ cup	Produce
Zucchini	1/2	Produce
Frozen Shrimp	1 bag	Seafood
Quest Bars	3-5 bars	Supplements