

WEEK 1: SHOPPING LIST FOR 2

VEGETABLES & GREENS

- ☐ 2 small zucchinis
- ☐ 2 large carrots
- ☐ 2 medium beets
- ☐ 1 small red bell pepper
- ☐ 1 small green bell pepper
- ☐ 4 small tomatoes
- ☐ 1 cup cherry tomatoes (≈ 150 g)
- ☐ 1 cup (30 g) fresh spinach
- ☐ 1 cup kale leaves
- ☐ 2 cups (200 g) broccoli florets
- ☐ 2 cups (200 g) cauliflower florets
- ☐ 3 small onions
- ☐ 1 red onion
- ☐ 1 green onions
- ☐ 2 cups (150 g) mushrooms (cremini or button)
- ☐ 1 small cucumber
- ☐ 1 bunch (400 g) asparagus
- ☐ 4 lettuce leaves
- ☐ 1 bunch fresh parsley
- ☐ 1 bunch fresh cilantro
- ☐ 10 garlic cloves

ANIMAL PROTEINS

- ☐ 2 chicken breasts (700 g total)
- ☐ 2 cod fillets (560 g total)
- ☐ 2 tuna steaks (560 g total)
- ☐ 2 trout fillets (560 g total)
- ☐ 1 small can (90–100 g) sardines in olive oil
- ☐ ½ lb (225 g) ground turkey
- ☐ ½ lb (225 g) ground chicken
- ☐ 5 large eggs

FRUITS

- ☐ 3 large bananas
- ☐ 1 ripe peach
- ☐ ½ cup (75 g) fresh mixed fruit
- ☐ 1 lime
- ☐ 2–3 lemons

WEEK 1: SHOPPING LIST FOR 2

LEGUMES & GRAINS

- ☐ 2 can (425 g) chickpeas
- ☐ 2 cup canned black beans
- ☐ ½ cup brown rice
- ☐ ½ cup shelled edamame
- ☐ 3 cup whole grain pasta
- ☐ 2 slices whole wheat bread
- ☐ 4 whole wheat burger buns
- ☐ 2 small whole wheat tortillas or toast
- ☐ 1 cup whole wheat flour

DAIRY & PLANT-BASED

- ☐ 2 ½ cup (500 g) plain Greek yogurt
- ☐ ½ cup plain Greek yogurt (for tzatziki)
- ☐ 240 g low-fat cottage cheese
- ☐ ¼ cup crumbled feta cheese
- ☐ ¼ cup grated Parmesan cheese (opcional)
- ☐ 4 cup (480 ml) plant-based or low-fat milk

PANTRY & SPICES

- ☐ Extra virgin olive oil
- ☐ 1 tbsp sesame oil
- ☐ 1 tbsp low-sodium soy sauce
- ☐ 1 tbsp rice vinegar
- ☐ 1 tbsp balsamic vinegar
- ☐ Dijon mustard (opt)
- ☐ Ground cumin
- ☐ Ground coriander
- ☐ Smoked paprika
- ☐ Ground cinnamon
- ☐ Dried thyme
- ☐ Dried oregano
- ☐ Dried dill
- ☐ Vanilla extract
- ☐ Honey or maple syrup
- ☐ Black pepper
- ☐ ½ tsp baking powder
- ☐ Chili flakes (opt)

NUTS & SEEDS

- ☐ ½ cup chopped walnuts
- ☐ ¼ cup sunflower seeds
- ☐ ¼ cup raw almonds
- ☐ ¼ cup almonds, finely chopped
- ☐ 1 tbsp sesame seeds
- ☐ 1 cup black olives
- ☐ (Kalamata or similar)
- ☐ 1 tbsp chia seeds
- ☐ 2 tbsp ground flaxseeds
- ☐ 3 tbsp natural peanut butter
- ☐ 1 tbsp almond butter

WEEK 2: SHOPPING LIST FOR 2

VEGETABLES & GREENS

- ☐ 3 medium zucchinis
- ☐ 1 large eggplant
- ☐ 3 large carrots
- ☐ 2 medium beets
- ☐ 3 onions
- ☐ 1 small red onion
- ☐ 4 red bell pepper
- ☐ 1 yellow bell pepper
- ☐ 1 celery stalk
- ☐ 1 cucumber
- ☐ 1 cup (150 g) green beans
- ☐ 2 cups (140 g) Brussels sprouts
- ☐ 1 bunch ($\approx$ 400 g) asparagus
- ☐ 2 sweet potato
- ☐ 3 cup 90 g) spinach (chopped)
- ☐ 1 cup (30 g) baby spinach or mixed greens
- ☐ 12 garlic cloves total
- ☐ 1 bunch Fresh parsley (opt)
- ☐ 1 bunch Fresh cilantro
- ☐ 1 bunch Fresh mint

FRUITS

- ☐ 2 apples
- ☐ 1 ripe peach
- ☐ 1 cup (150 g) watermelon
- ☐ $\frac{1}{2}$ cup (75 g) fresh strawberries
- ☐ $\frac{1}{2}$ cup (75 g) fresh mixed fruit
(berries, banana slices, or
peaches)
- ☐ 1 lime
- ☐ 2 lemons

ANIMAL PROTEINS

- ☐ 2 salmon fillets (about 10 oz / 280 g total)
- ☐ 2 trout fillets (about 10 oz / 280 g total)
- ☐ 2 tilapia fillets (about 10 oz / 280 g total)
- ☐ 1 small pork tenderloin (about $\frac{1}{2}$ lb / 225 g)
- ☐ 1 can (4.2 oz / 120 g drained) mackerel
- ☐ 3 large eggs
- ☐ 1 cup (240 g) low-fat ricotta cheese
- ☐ $\frac{1}{2}$ cup shredded low-fat mozzarella
- ☐ $\frac{1}{4}$ cup shredded low-fat cheese (optional)
- ☐ 1 cup (240 g) low-fat cottage cheese

WEEK 2: SHOPPING LIST FOR 2

LEGUMES & GRAINS

- ☐ ½ cup canned chickpeas (no salt added)
- ☐ ½ cup canned black beans (no salt added)
- ☐ 1 cup canned white beans (no salt added)
- ☐ 1 cup dried lentils
- ☐ 2 cup brown rice
- ☐ ½ cup corn kernels (fresh or frozen)
- ☐ ½ cup diced tomatoes (no salt added)
- ☐ ½ cup rolled oats
- ☐ ½ cup buckwheat groats
- ☐ 1 cup whole wheat flour
- ☐ ½ cup whole wheat breadcrumbs
- ☐ 1 cup quinoa
- ☐ 1 cup (100 g) whole wheat bread crumbs

NUTS & SEEDS

- ☐ ½ (120 g) chopped almonds
- ☐ ½ (120 g) cup chopped walnuts
- ☐ ¼ (60 g) tbsp sunflower seeds
- ☐ 2 tbsp pine nuts
- ☐ 1 tbsp tahini
- ☐ 2 tbsp ground flaxseeds or chia seeds

DAIRY & ALTERNATIVES

- ☐ 2 cup (480 g) plain Greek yogurt
- ☐ ½ cup low-fat milk
- ☐ 2 cup low-fat milk or unsweetened plant-based milk
- ☐ 1 cup (240 g) grated Parmesan cheese
- ☐ ¼ cup crumbled feta cheese

PANTRY & SPICES

- ☐ Balsamic vinegar
- ☐ Dijon mustard
- ☐ Dried thyme
- ☐ Ground cumin
- ☐ Ground cinnamon
- ☐ Smoked paprika
- ☐ Turmeric
- ☐ Dried oregano
- ☐ Black pepper (used multiple times)
- ☐ ½ tsp baking powder
- ☐ 1 tsp vanilla extract
- ☐ Honey
- ☐ Maple syrup (optional)
- ☐ 9 cups (2.25 L) low-sodium vegetable broth

WEEK 3: SHOPPING LIST FOR 2

VEGETABLES & GREENS

- ☐ 2 small onions
- ☐ 12 garlic cloves
- ☐ 3 medium zucchinis
- ☐ 2 carrots
- ☐ 1 tomato
- ☐ 1 large red bell pepper
- ☐ 1 cup (240 g) cherry tomatoes
- ☐ 2 cups (480 g) mushrooms, sliced
- ☐ 1 leek
- ☐ 1 celery stalk
- ☐ 1 sweet potato
- ☐ 2 cups (200 g) shredded cabbage
- ☐ 1 cup (120 g) arugula
- ☐ 1 bunch (400 g) asparagus
- ☐ 2 handfuls of spinach or kale
- ☐ 1 red onion,
- ☐ Fresh cilantro
- ☐ Fresh parsley
- ☐ 1 tbsp fresh basil

FRUITS

- ☐ 4 bananas
- ☐ 2 lemons
- ☐ 1 orange
- ☐ 1 lime (juice)

LEGUMES & GRAINS

- ☐ ½ cup (120 g) canned black beans
- ☐ ½ cup (150 g) canned mixed beans
- ☐ 1 can (425 g) chickpeas
- ☐ 1 cup (200 g) red lentils
- ☐ ½ cup (90 g) quinoa
- ☐ 1 cup (200 g) cooked brown rice
- ☐ 300 g short- or medium-grain brown rice
- ☐ 1 ½ cups (180 g) whole wheat flour
- ☐ 2 slices whole wheat bread
- ☐ 2 small whole wheat tortillas or whole grain toast
- ☐ ¼ cup cornmeal

WEEK 3: SHOPPING LIST FOR 2

ANIMAL PROTEINS

- ☐ 13 eggs total
- ☐ 2 boneless, skinless chicken breasts (about 6 oz / 170 g each)
- ☐ 2 cod fillets (≈ 280 g)
- ☐ 2 white fish fillets (e.g., tilapia or snapper)
- ☐ 2 salmon fillets (≈ 280 g)
- ☐ 1 can (140 g) tuna in water, drained
- ☐ 1 cup (240 g) shrimp, peeled and deveined

DAIRY & ALTERNATIVES

- ☐ 2 cups (500 g) plain Greek yogurt
- ☐ ¾ cup (180 ml) plain low-fat kefir
- ☐ 1 cup (240 ml) unsweetened almond milk or low-fat milk
- ☐ ½ cup (120 g) crumbled feta cheese
- ☐ 1 cup (250 g) low-sodium ricotta cheese
- ☐ ¼ cup (30 g) grated low-fat Parmesan cheese
- ☐ ½ cup (50 g) grated mozzarella cheese

NUTS & SEEDS

- ☐ ¼ cup (30 g) chopped walnuts + 1 tbsp
- ☐ 2 tbsp ground flaxseeds
- ☐ 1 tsp chia seeds
- ☐ ¼ cup (30 g) sliced almonds
- ☐ 2 tbsp sesame seeds
- ☐ 2 tbsp pine nuts
- ☐ 2 tbsp natural peanut butter
- ☐ ¼ cup (40 g) dark chocolate chips (opt)

PANTRY & SPICES

- ☐ Extra virgin olive oil
- ☐ 1 tsp avocado oil (optional)
- ☐ 1 tsp sesame oil
- ☐ Soy sauce (low sodium)
- ☐ Dijon mustard
- ☐ Smoked paprika
- ☐ Ground cumin
- ☐ Turmeric
- ☐ Dried thyme
- ☐ Dried rosemary
- ☐ Dried oregano
- ☐ Red pepper flakes (optional)
- ☐ Nutmeg
- ☐ 1 tsp vanilla extract
- ☐ 1 tsp baking soda
- ☐ Cinnamon
- ☐ Honey or maple syrup
- ☐ ¼ cup (25 g) unsweetened cocoa powder
- ☐ 12 cups (3 L) low-sodium vegetable broth
- ☐ 4 cups (1 L) low-sodium chicken broth
- ☐ ½ cup dry white wine (optional, or use broth)
- ☐ 1 ½ cups (360 g) low-sodium tomato sauce

WEEK 4: SHOPPING LIST FOR 2

VEGETABLES & GREENS

- ☐ 2 onions
- ☐ 4 garlic cloves
- ☐ 2 medium carrots
- ☐ 1 celery stalk
- ☐ 1 sweet potato (cubed)
- ☐ 1 tomato
- ☐ 1 red capsicum
- ☐ 2 red onion
- ☐ 1 small fennel bulb (opt)
- ☐ 2 zucchini
- ☐ 1 cup (140 g) cherry tomatoes
- ☐ 2 cups (60 g) mixed greens
- ☐ 2 cups (200 g) broccoli florets
- ☐ 2 cups (200 g) cauliflower florets
- ☐ 2 cups (150 g) mushrooms, sliced
- ☐ ½ cup (75 g) red bell pepper, sliced
- ☐ ½ cup (75 g) eggplant, sliced
- ☐ 2 cups (60 g) fresh spinach, chopped
- ☐ 4 cups (120 g) fresh kale, chopped
- ☐ 2 cups (300 g) green beans, trimmed
- ☐ 1-inch piece fresh ginger
- ☐ 1 bunch fresh parsley
- ☐ Fresh coriander
- ☐ Fresh cilantro (garnish)
- ☐ 4 lettuce leaves

LEGUMES & GRAINS

- ☐ 2 cup (400 g) dried lentils
- ☐ ½ cup (75 g) rolled oats
- ☐ 1 cup (100 g) rolled oats
- ☐ 2 tbsp ground flaxseeds
- ☐ ¼ cup (60 g) buckwheat groats
- ☐ 240 g whole grain pasta
- ☐ ¾ cup (130 g) brown rice, rinsed
- ☐ 2 slices whole wheat bread
- ☐ 2 cups (240 g) whole wheat flour
- ☐ 4 whole wheat burger buns
- ☐ ½ cup (120 g) hummus

FRUITS

- ☐ 2 apples
- ☐ 4 large banana
- ☐ 1 ripe peach
- ☐ 1 lime
- ☐ 1 lemon
- ☐ ¼ cup (40 g) fresh berries
- ☐ 1 cup (150 g) mixed frozen berries

WEEK 4: SHOPPING LIST FOR 2

ANIMAL PROTEINS

- ☐ ½ lb (225 g) flank steak
- ☐ 1 small pork tenderloin (about ½ lb / 225 g)
- ☐ ½ lb (225 g) ground chicken
- ☐ ½ lb (225 g) ground turkey
- ☐ 2 cod fillets (140 g each)
- ☐ ½ lb (225 g) white fish fillets cod, tilapia, or snapper)
- ☐ 2 mackerel fillets (skin-on)
- ☐ 1 can (90–100 g) sardines in olive oil
- ☐ 1 can (120 g drained) mackerel in olive oil or water

DAIRY & ALTERNATIVES

- ☐ 1 ½ cups (860 g) plain Greek yogurt
- ☐ ½ cup (120 g) low-fat cottage cheese (*2)
- ☐ ¾ cup (180 ml) plain low-fat kefir
- ☐ 1 egg (for baking)
- ☐ ¼ cup (60 ml) low-fat milk
- ☐ 4 cup (1L) unsweetened almond milk or low-fat milk
- ☐ ½ cup (120 ml) low-sodium chicken broth
- ☐ 7 cups (2 L) low-sodium vegetable broth

NUTS & SEEDS

- ☐ ½ cup (80 g) walnuts, chopped
- ☐ 2 tbsp chopped almonds (lightly toasted or raw)
- ☐ 1 tbsp sliced almonds
- ☐ 2 tbsp sunflower seeds
- ☐ 1 tbsp almond butter
- ☐ ½ cup (80 g) almond butter
- ☐ 1 tbsp natural peanut butter
- ☐ 1 tbsp chia seeds
- ☐ 1 tbsp sesame seeds
- ☐ 1 tbsp tahini

PANTRY & SPICES

- ☐ Extra virgin olive oil
- ☐ Dried oregano
- ☐ Smoked paprika
- ☐ Ground cumin
- ☐ Ground cinnamon
- ☐ Ground black pepper
- ☐ Turmeric
- ☐ 1 tsp vanilla extract
- ☐ ½ tsp sesame oil
- ☐ ½ tsp baking powder
- ☐ ½ cup (80 g) unsweetened cocoa powder
- ☐ ¼ cup (40 g) dark chocolate chips
- ☐ 1 tsp baking soda
- ☐ ½ tsp Dijon mustard
- ☐ 1 can diced tomatoes (no salt added)
- ☐ ¼ cup (40 g) black olives
- ☐ 1 tbsp low-sodium soy sauce
- ☐ ½ cup (120 ml) honey or maple syrup