

Week 1 Shopping List (for Two)

Notes: Choose low-sodium / no-salt-added options whenever available.

Produce

- Bell peppers – 6 medium (≈ 2 lb / 900 g)
- Zucchini – 4 medium (≈ 1.5 lb / 680 g)
- Cherry tomatoes – 4 cups (≈ 1.3 lb / 600 g)
- Baby spinach – 10 cups (≈ 10 oz / 280 g)
- Cucumbers – 4 large (≈ 2.5 lb / 1.1 kg)
- Red onion – 2 medium (≈ 10 oz / 280 g)
- Garlic – 2 bulbs
- Carrots – 8 medium (≈ 1.5 lb / 680 g)
- Apples – 6 medium (≈ 3 lb / 1.4 kg)
- Bananas – 6 medium (≈ 2.5 lb / 1.1 kg)
- Lemons – 6 (≈ 1 lb / 450 g)
- Limes – 4 (≈ 10 oz / 280 g)
- Fresh parsley or dill – 2 bunches

Protein & Dairy

- Black beans – 4 cans (15 oz / 425 g each), low-sodium or no-salt-added
- Chickpeas – 4 cans (15 oz / 425 g each), low-sodium or no-salt-added
- Lentils – 2 cups dry (≈ 14 oz / 400 g) OR 3 cans (15 oz / 425 g each), no-salt-added if possible
- Tuna in water – 4 cans (5 oz / 142 g each), lower-sodium if available
- Nonfat Greek yogurt – 64 oz (≈ 1.9 kg), plain
- Low-fat cottage cheese – 24 oz (≈ 680 g)
- Natural peanut butter – 1 jar (no added sugar if possible)

Grains & Bread

- Old-fashioned oats – 4 cups (≈ 11 oz / 320 g)
- Quinoa (dry) – 2 cups (≈ 12 oz / 340 g)

- Brown rice (dry) – 2 cups (≈ 13.5 oz / 380 g)
- Whole-grain bread or wraps – 1 large pack
- High-fiber granola – 2 cups (≈ 8.5 oz / 240 g)

Nuts & Seeds

- Almonds (unsalted) – 1 cup (≈ 5 oz / 140 g)
- Walnuts – 1 cup (≈ 4 oz / 120 g)
- Chia seeds – 1/2 cup (≈ 3 oz / 80 g)
- Pumpkin seeds – 1/2 cup (≈ 2 oz / 60 g), unsalted

Sauces & Condiments

- Olive oil – 1/2 cup total (4 fl oz / 120 ml)
- Soy sauce – 1 bottle, low-sodium
- Balsamic vinegar – 1 bottle
- Maple syrup – 1/2 cup (4 fl oz / 120 ml)
- Dijon mustard – 1 small jar (choose lower-sodium if available)
- Salsa – 2 cups (≈ 16 oz / 450 g), low-sodium

Spices & Seasonings

- Cinnamon
- Smoked paprika
- Garlic powder
- Black pepper
- Italian seasoning
- Salt (minimal use)

Week 2 Shopping List (for Two)

Produce

- Baby spinach – 10 oz / 280 g
- Arugula or mixed greens – 5 oz / 140 g
- Avocados – 3 medium (≈ 21 oz / 600 g)
- Cherry tomatoes – 2 pints (≈ 20 oz / 560 g)
- Cucumbers – 3 large (≈ 2.5 lb / 1.1 kg)
- Bell peppers – 3 medium (≈ 1 lb / 450 g)
- Broccoli florets – 4 cups (≈ 1.25 lb / 570 g)
- Green beans – 1.5 lb / 680 g
- Sweet potatoes – 2 large (≈ 2 lb / 900 g)
- Carrots – 1 lb / 450 g
- Red onion – 2 medium (≈ 10 oz / 280 g)
- Scallions – 2 bunches
- Fresh ginger – 1 small knob (≈ 2 oz / 60 g)
- Garlic – 1 bulb
- Oranges – 4 medium (≈ 2.5 lb / 1.1 kg)
- Lemons – 6
- Limes – 6
- Peaches – 3 medium (≈ 1.25 lb / 570 g)

Protein & Dairy

- Firm tofu – 2 blocks (14 oz / 400 g each)
- Cod filets (or other lean white fish) – 1.5 lb / 680 g
- Lean ground turkey (93% or leaner) – 1.5 lb / 680 g
- Canned tuna in water – 4 cans (5 oz / 142 g each)
- Nonfat Greek yogurt or plain skyr – 2 tubs (32 oz / 907 g each)
- Eggs – 1 dozen
- Liquid egg whites (optional shortcut) – 1 carton (16 fl oz / 473 ml)

Grains & Bread

- Rolled oats – 18 oz / 510 g
- Brown rice – 2 lb / 900 g (or 4 cups cooked, plus, extra for bowls)
- Quinoa – 1 lb / 450 g
- Whole-wheat couscous – 12 oz / 340 g
- Whole-grain bread – 1 loaf (18 to 22 oz / 510 to 625 g)

- Whole-wheat pitas or tortillas – 1 pack (6 to 8 count)

Canned & Pantry

- Low-sodium vegetable broth – 4 cartons (32 fl oz / 960 ml each)
- Canned diced tomatoes, no-salt-added if possible – 4 cans (14.5 oz / 411 g each)
- Cannellini beans, low-sodium – 4 cans (15 oz / 425 g each)
- Black beans, low-sodium – 2 cans (15 oz / 425 g each)
- Chickpeas, low-sodium – 2 cans (15 oz / 425 g each)
- Chia seeds – 8 oz / 225 g
- Ground flaxseed – 8 oz / 225 g
- Unsalted nuts (almonds or mixed) – 10 oz / 280 g
- Unsweetened almond milk or soy milk – 2 cartons (32 fl oz / 960 ml each)
- Pumpkin puree (for parfait/oats) – 1 can (15 oz / 425 g)
- Low-sodium soy sauce – 1 bottle (10 to 15 fl oz / 300 to 450 ml)

Freezer

- Frozen mango chunks – 1 bag (12 to 16 oz / 340 to 450 g)
- Frozen blueberries or mixed berries – 1 bag (12 to 16 oz / 340 to 450 g)
- Frozen corn kernels – 1 bag (12 to 16 oz / 340 to 450 g)
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- Spices & Condiments
- Olive oil – ≈ 1/2 cup (4 fl oz / 120 ml)
- Italian seasoning
- Chili powder
- Cumin
- Smoked paprika
- Pumpkin pie spice (or cinnamon + nutmeg)
- Black pepper
- Salt (keep light)

Week 3 Shopping List (for Two)

Produce

- Baby spinach – 2 large tubs (10 oz / 280 g each)
- Kale – 1 bunch (≈ 8 oz / 225 g)
- Green cabbage – 1 small head (≈ 2 lb / 900 g)
- Zucchini – 6 medium (≈ 3 lb / 1.4 kg)
- Mushrooms – 2 lb / 900 g
- Carrots – 2 lb / 900 g
- Onions – 4 medium (≈ 1.5 lb / 680 g)
- Bell peppers – 3 medium (≈ 1 lb / 450 g)
- Sweet potatoes – 3 large (≈ 3 lb / 1.4 kg)
- Butternut squash (or pre-cut) – ≈ 2 lb / 900 g
- Fresh ginger – 1 small knob (≈ 2 oz / 60 g)
- Garlic – 1 bulb
- Fresh basil – 1 bunch
- Lemons – 6
- Limes – 4
- Apples – 4 large (≈ 2 lb / 900 g)
- Pears – 3 medium
- Bananas – 6
- Peaches – 2 medium (≈ 10 oz / 280 g)

Protein & Dairy

- Chicken breast (boneless, skinless) – 2.5 lb / 1.1 kg
- Lean ground turkey (93% or leaner) – 2 lb / 900 g
- Raw shrimp, peeled and deveined – 12 oz / 340 g
- Eggs – 1 dozen
- Liquid egg whites (or extra eggs) – 1 carton (16 fl oz / 473 ml)
- Nonfat Greek yogurt or plain skyr – 3 tubs (32 oz / 907 g each)
- Low-fat kefir (1%) – 1 bottle (32 fl oz / 960 ml)

Grains & Bread

- Rolled oats – 2 lb / 900 g
- Pearl barley – 1 lb / 450 g
- Quinoa – 1 lb / 450 g
- Brown rice – 1 lb / 450 g

- Whole-wheat pasta – 12 oz / 340 g
- Whole-wheat noodles – 8 oz / 225 g
- Millet – 12 oz / 340 g

Canned & Pantry

- Low-sodium vegetable broth – 6 cartons (32 fl oz / 960 ml each)
- Low-sodium chicken broth – 1 carton (32 fl oz / 960 ml)
- Canned diced tomatoes, no-salt-added if possible – 6 cans (14.5 oz / 411 g each)
- White beans (cannellini or great northern), low-sodium – 5 cans (15 oz / 425 g each)
- Black beans, low-sodium – 1 can (15 oz / 425 g)
- Red lentils (dried) – 1 lb / 450 g
- Split peas (dried) – 1 lb / 450 g
- Chia seeds – 12 oz / 340 g
- Ground flaxseed – 12 oz / 340 g
- Almond butter – 1 jar (10 to 16 oz / 280 to 450 g)
- Unsweetened cocoa powder – 1 small container (6 to 8 oz / 170 to 225 g)
- Unsweetened almond milk or soy milk – 2 cartons (32 fl oz / 960 ml each)

Freezer

- Frozen mixed berries – 2 bags (12 to 16 oz / 340 to 450 g each)
- Frozen mango chunks – 1 bag (12 to 16 oz / 340 to 450 g)
- Frozen cranberries (or fresh) – 1 bag (12 oz / 340 g)

Spices & Condiments

- Olive oil – ≈ 3/4 cup (6 fl oz / 180 ml)
- Italian seasoning
- Thyme
- Smoked paprika
- Chili powder
- Cumin
- Pumpkin pie spice
- Vanilla extract (optional)
- Black pepper
- Salt (keep light)

SHOPPING LIST

Week 4 Shopping List (for Two)

Produce

- Peaches (fresh or frozen) – 6–8 medium (≈ 3–4 lb / 1.4–1.8 kg)
- Apples – 6–8 medium (≈ 3 lb / 1.4 kg)
- Mixed berries (fresh or frozen) – 8–10 cups (48–60 oz / 1.36–1.70 kg)
- Avocados – 3–4 medium (≈ 21–28 oz / 600–800 g)
- Lemons – 4–6 medium (≈ 10–15 oz / 280–425 g)
- Limes – 6–8 medium (≈ 12–16 oz / 340–450 g)
- Tomatoes – 8–10 medium (≈ 4 lb / 1.8 kg)
- Cherry tomatoes – 2 pints (≈ 20 oz / 560 g)
- Cucumbers – 3–4 large (≈ 2.5–3 lb / 1.1–1.4 kg)
- Zucchini – 6–8 medium (≈ 3–4 lb / 1.4–1.8 kg)
- Bell peppers – 4–5 medium (≈ 1.5–2 lb / 680–900 g)
- Cauliflower – 2 medium heads (≈ 3–4 lb / 1.4–1.8 kg)
- Bagged slaw mix (optional shortcut) – 1–2 bags (12 oz / 340 g each)
- Bagged spinach or salad greens (optional shortcut) – 2–3 tubs (10 oz / 280 g each)
- Fresh herbs (cilantro, dill, parsley) – 2–3 bunches (≈ 6–9 oz / 170–255 g)
- Garlic – 2 bulbs (≈ 6 oz / 170 g)
- Fresh ginger – 1 large piece (≈ 4 oz / 115 g)

Protein & Dairy

- Tuna (no-salt/low-sodium) – 5–6 cans (5 oz / 142 g each)
- Extra-lean ground turkey – ~2 lb (32 oz / 900 g)
- Turkey breast (fillet/cutlets) – ~1.5 lb (24 oz / 680 g)
- Chicken breast – ~2–2.5 lb (32–40 oz / 900–1,135 g)
- Shrimp – ~1.5–2 lb (24–32 oz / 680–900 g)
- Cod or other white fish – ~1.5 lb (24 oz / 680 g)
- Salmon – ~1–1.5 lb (16–24 oz / 450–680 g)

- Skyr or Greek yogurt – 3 tubs (32 oz / 907 g each)
- Part-skim ricotta – 12–16 oz (340–450 g)

Grains & Bread

- Brown rice, dry – 2 cups (14 oz / 400 g)
- Quinoa, dry – 2 cups (12 oz / 340 g)
- Millet, dry – 1 cup (6 oz / 170 g)
- Quick-cooking polenta – 1 cup (6 oz / 170 g)
- Whole-wheat couscous – 1 box (10 oz / 280 g)
- Rolled oats or oat flour – 1 bag (24–32 oz / 680–900 g)
- Plain microwave grain pouches (rice/quinoa) (optional shortcut) – 6–8 pouches (8.8 oz / 250 g each)

Canned & Pantry

- Unsweetened almond milk – 2 cartons (32 fl oz / 946 ml each)
- Dried cranberries – 1 bag (8 oz / 225 g)
- Low-sodium Dijon mustard – 1 jar (8 oz / 225 g)
- Red wine vinegar – 1 bottle (12–16 fl oz / 355–475 ml)
- No-salt-added beans (assorted) – 3–4 cans (15 oz / 425 g each)
- No-salt-added salsa – 2–3 jars (16 oz / 454 g each)
- Low-sodium broth – 2–3 cartons (32 fl oz / 946 ml each)
- No-salt-added tomato paste – 1 small can (6 oz / 170 g)
- No-salt-added tomato sauce – 1 can or carton (15 oz / 425 g)
- No-salt-added diced tomatoes – 1 can (15 oz / 425 g)
- Chia seeds – 1 bag (12 oz / 340 g)
- Ground flaxseed – 1 bag (12 oz / 340 g)
- Unsalted walnuts – 8 oz (225 g)
- Unsalted almonds – 8 oz (225 g)
- 70% dark chocolate – 6–8 oz (170–225 g)
- Unsweetened cocoa powder – 8 oz (225 g)
- Nutritional yeast – 1 jar/bag (4–8 oz / 115–225 g)