

WEEKLY SHOPPING LISTS

WEEK 1 (DAYS 1-7)

Produce

- Avocados (3-4)
- Bananas (4)
- Mixed berries (2 pints)
- Lemons/limes (6-8)
- Cucumbers (3)
- Cherry tomatoes (2 pints)
- Zucchini (5-6)
- Spinach (2 large bags)
- Mushrooms (1 lb)
- Onions (3)
- Carrots (1 lb)
- Celery (1 bunch)
- Sweet potatoes (4-5)
- Brussels sprouts (1 lb)
- Salad greens (2 large tubs)
- Parsley, dill, cilantro, mint
- Garlic
- Fresh ginger root

Proteins & Dairy

- Low-fat Greek yogurt (48-64 oz)
- Eggs (2 dozen)
- No-salt-added beans: black/ white/kidney (6-8 cans)
- Lean beef stew meat (1-1.5 lb)
- Salmon fillets (2 lb)
- Ocean trout or salmon (1-1.5 lb)
- Cod (1.5-2 lb)
- Lamb for stew (1.5 lb)
- Part-skim ricotta (15 oz)
- Low-fat kefir (optional)
- Firm tofu (14-16 oz, optional).

Grains & Bakery

- Old-fashioned oats (large canister)
- Hulled barley
- Whole-grain pasta
- Brown rice
- Whole-grain bread / unsalted crispbread
- Small corn tortillas
- Whole-wheat phyllo or low-sodium bruschetta bread
- Unsweetened puffed rice cereal

Pantry & Frozen

- No-salt-added broth (2 qt)
- No-salt-added tomatoes (3-4 cans)
- No-salt tomato sauce
- Unsweetened coconut water
- Frozen mixed vegetables (optional)
- Tea for berry/mint lemonade
- Coffee
- Unsweetened cocoa powder

Oils, Nuts & Spices

- Extra-virgin olive oil
- Almonds/Walnuts (unsalted)
- Chia
- Ground flaxseed
- Garlic powder
- Onion powder
- Black pepper
- Smoked paprika
- Italian herbs
- Turmeric
- Ginger (fresh and/or ground)
- Cumin
- Coriander

WEEK 2 (DAYS 8-14)

Produce

- Apples (6-8)
- Pears (4)
- Grapes (1-2 lb)
- Berries (2 pints)
- Lemons/limes (6)
- Tomatoes (5) + cherry tomatoes (2 pints)
- Cucumbers (4)
- Zucchini (4-5)
- Eggplant (2 large)
- Potatoes for frittata (2-3)
- Mixed salad greens (2 tubs)
- Kale (for chips)
- Sweet potatoes (3-4)
- Parsley, basil
- Scallions.

Proteins & Dairy

- Eggs (2 dozen)
- Low-fat Greek yogurt (32-48 oz)
- Fish (cod/salmon 2 lb total)
- Chicken breast (2-3 lb)
- Frozen edamame
- Chickpeas (4-6 cans, no-salt)
- White beans (2 cans)
- Ground turkey (1.5-2 lb)
- Low-fat kefir (optional)

Grains & Bakery

- Whole-grain pasta (1-2 lb)
- Whole-grain tortillas/pitas (low-sodium)
- Whole-grain bread / unsalted crispbread
- Barley
- Brown rice

Pantry & Frozen

- No-salt-added broth (2 qt)
- No-salt-added tomatoes (2-3 cans)
- No-salt tomato sauce
- Unsweetened coconut water
- Tea for berry/mint lemonade
- Unsweetened cocoa powder.

Oils, Nuts & Spices

- Almonds/Walnuts (unsalted)
- Chia
- Ground flaxseed
- Garlic powder
- Onion powder
- Smoked paprika
- Italian herbs
- Turmeric
- Ginger (fresh and/or ground)

WEEK 3 (DAYS 15–21)

Produce

- Avocados (3–4)
- Bananas (4)
- Seasonal fruit for salad (4–6 pieces)
- Berries (2 pints)
- Lemons/limes (6–8)
- Cucumbers (3–4)
- Tomatoes (6)
- Onions (3)
- Carrots (1 lb)
- Celery (1 bunch)
- Spinach/kale (2 bags)
- Sweet potatoes (4)
- Potatoes (for frittata)
- Corn (fresh/frozen)
- Mixed herbs
- Garlic
- Fresh ginger

Proteins & Dairy

- Low-fat Greek yogurt (48–64 oz)
- Eggs (2 dozen)
- Chicken breast (2 lb)
- Lean beef or turkey (2 lb)
- Chickpeas (4–6 cans)
- White beans (2 cans)
- Seafood mix or shrimp (1.5–2 lb)
- Firm tofu (optional)

Grains & Bakery

- Whole-grain pasta
- Brown rice
- Quinoa
- Corn tortillas
- Pita/bread (low-sodium)
- Oats
- Oat bran (for bars)
- Puffed rice cereal

Pantry & Frozen

- No-salt-added broth (2–3 qt)
- No-salt-added tomatoes (3–4 cans)
- Crushed tomatoes (no-salt)
- Frozen mango/peach
- Almond/soy milk
- Tea (cinnamon apple, ginger turmeric)
- Unsweetened coconut water
- Coffee

Oils, Nuts & Spices

- Extra-virgin olive oil
- Peanut butter (unsalted)
- Almonds/Walnuts (unsalted)
- Chia
- Ground flaxseed
- Italian herb blend
- Cumin
- Paprika
- Chili powder
- Cinnamon
- Vanilla extract

WEEK 4 (DAYS 22–28)

Produce

- Strawberries/Watermelon (for granita & drinks)
- Pineapple + fresh ginger (sparkle)
- Mangos (for lassi)
- Limes/lemons (8–10)
- Cucumbers (3–4)
- Tomatoes (6)
- Onions (3)
- Carrots (1 lb)
- Celery (1 bunch)
- Sweet potatoes (4)
- Mixed greens (2 tubs)
- Mint, parsley, basil
- Garlic

Proteins & Dairy

- Low-fat Greek yogurt (64 oz)
- Eggs (2 dozen)
- Shrimp/white fish (2 lb)
- Chicken breast (2–3 lb)
- Lean turkey (1.5–2 lb) for roll-ups/quesadilla
- Chickpeas (4 cans)
- White beans (2 cans)

Grains & Bakery

- Whole-grain pasta
- Brown rice
- Barley
- Corn & whole-grain tortillas
- Low-sodium bread / unsalted crispbread
- Oats (for cookies/bars)
- Rice flour (for pancakes, if used)

Pantry & Frozen

- No-salt-added tomatoes/sauce (4–6 cans)
- No-salt-added broth (2 qt)
- Frozen fruit (berries/peach)
- Unsweetened cocoa powder
- Almond/soy milk
- Unsweetened shredded coconut
- Agar-agar or gelatin substitute (if used)
- Low-sodium baking powder
- Coffee/tea
- Unsweetened coconut water
- Sparkling water.

Oils, Nuts & Spices

- Almonds/Walnuts (unsalted)
- Peanut butter (unsalted)
- Chia
- Ground flaxseed
- Vanilla extract
- Cinnamon
- Nutmeg
- Cardamom (for lassi)
- Black pepper
- Italian blend
- Chili powder
- Paprika

Note: Choose no-salt-added canned goods, low-fat dairy, and whole grains where specified. Adjust quantities for household size.