



WEEK 1 SHOPPING LIST

WEEK 1

The grocery lists have been categorized by weeks, grocery store sections, and food groups. We've left blank spaces for you to add items.

VEGETABLES

- Garlic, 4 heads
- Sweet potato, 1
- Green onions, 4
- Yellow onion, 4
- Red bell pepper, 1
- Celery, 2 bunches
- Carrots, 2 bunches
- Turnip, 1
- Parsnips, 2
- White potatoes, large, 2
- Rosemary, 1 bunch
- Sage, 1 bunch
- Alfalfa sprouts
- Ginger root, 1
- Tomatoes, 5 pounds
- Basil, 1 bunch
- _____
- _____
- _____
- _____

FRUITS

- Avocados, 3
- Berries of your choice, 4 pints
fresh or frozen
- Lemons, 6
- Lime, 1
- Apples, 6
- Pomegranate, 1
- Bananas, 1 bunch
- _____
- _____
- _____
- _____



NOTE

• If you are making substitutions using the Specialty Diets, adjust your grocery list accordingly.

WEEK 1

DAIRY

- Eggs, 2 dozen
- Egg whites, 1 carton
- Kefir, 1 carton or jar
- Yogurt, plain, full-fat
- Greek yogurt, plain, full-fat
- Butter
- Cottage cheese
- Milk, full fat
- _____
- _____
- _____
- _____

BEVERAGES

- Coconut Water
- _____
- _____

BREADS

- Whole-grain wraps or brown rice wraps
- Brown rice cakes, 1 package
- _____
- _____
- _____
- _____

BAKING

- Almond meal, 1 bag
- Cranberries, dried, unsweetened
- Currants, dried, unsweetened
- Cherries, dried, unsweetened
- Sultana raisins
- Dates, pitted, dried, unsweetened
- Goji berries, dried, unsweetened
- Blueberries, dried, unsweetened
- Apples, dried, unsweetened
- Vanilla extract
- Blackstrap molasses
- Coconut flour, 1 bag
- Baking soda
- _____
- _____
- _____
- _____

Fit BOOST
BY TOSCA RENO



NUTRITION

GRAINS

- Oats, gluten-free, 1 bag
- Millet, 1 bag
- Popping corn, 1 bag
- Barley flakes, 1 bag
- Wheat germ, 1 bag
- Oat bran, 1 bag
- Rye or spelt flakes, 1 bag
- _____
- _____
- _____
- _____

NUTS & SEEDS

- Flax seed, 1 bag
- Cashews, unsalted
- Pumpkin seeds, unsalted
- Almonds, unsalted
- Walnuts, unsalted
- Hazelnuts, unsalted
- Sunflower seeds, unsalted
- Hemp hearts
- Chia seeds
- Quinoa, 1 bag
- _____
- _____
- _____
- _____

SPICES

- Cinnamon, ground
- Cumin, ground
- Cumin seeds
- Red pepper flakes
- Chili powder
- Sea salt, unrefined
- Black pepper
- Oregano
- Basil
- Pumpkin pie spice
- Curry powder
- Za'atar blend
- _____
- _____
- _____
- _____

SWEET STUFF

- Maple syrup
- Honey
- Dark chocolate, 80% or more
- _____
- _____
- _____
- _____



WEEK 1

CONDIMENTS

- Nut or seed butter of choice, 1 jar
- Dijon mustard, 1 jar
- Apple cider vinegar
- Tamari
- Coconut vinegar
- Salsa
- Apple butter, unsweetened, 1 jar
- Tahini, 1 jar
- _____
- _____
- _____
- _____

OILS

- Olive oil
- Coconut oil
- Sesame oil
- _____
- _____
- _____

PASTA & RICE

- Brown rice
- _____
- _____
- _____

CANNED GOODS

- White kidney beans, 1 can
- Red kidney beans, 1 can
- Black beans, 1 can
- Chicken stock, low-sodium, 2.5 cups
- Tomatoes, 1 28-ounce can
- Chickpeas, 1 can
- _____
- _____
- _____
- _____

MEAT & FISH

- Chicken or turkey, ground, 16 ounces
- Bison, ground, 16 ounces
- Whole chicken, 3-4 pounds
- _____
- _____
- _____
- _____

SUPPLEMENTS

- Protein powder of your choice
(ex. Sun Warrior Warrior Blend)
- Nutritional yeast, 1 bag
- _____
- _____