

GROCERY

2789



WEEK 1

Fruits and Vegetables:

Apples: 1 small Green Apple + ½ small Fuji apple
Blueberries: 1½ cups
Cherries: ½ cup
Green Apple: 1 small
Lemon: 3
Lime: 3
Strawberries: ½ cup mixed berries (part of the mixed berries)
Raspberries: ½ cup mixed berries (part of the mixed berries)
Tangerine: 1
Baby Spinach: 1½ cups chopped
Bell Peppers: ¼ red + ¼ yellow
Broccoli Florets: ½ cup
Carrot: 1 medium
Cauliflower Florets: 1 cup
Cucumber: 1 small
Cherry Tomatoes: 1¼ cups
Eggplant: ¼ small
Kohlrabi: 1 small
Mushrooms: ½ cup sliced
Onion: ½ small + ¼ small
Purple Cabbage: ¼ cup
Red onion: ¼ small
Sweet Potato: 1 small
Zucchini: 1 small + ½ peeled and grated

Proteins:

Boneless Lamb: 4 oz
Chicken Breast: 1 boneless, skinless
Ground Chicken: ¼ pound
Salmon Fillet: 6 oz
Shredded Chicken: 1 cup
Shrimp: 6-8 peeled
Eggs: 3

Cereal and Starch:

Canned Black Beans: 1½ cups
Quinoa: ½ cup
Rolled Oats: ½ cup
Whole Wheat Lasagna Sheets: 6
Whole Wheat Lasagna Noodles: 2
Whole Wheat Pasta: 1 cup

Non-Dairy:

Almond Milk: 1½ cups
Low-fat milk: 1 cup
Plain Greek Yogurt: 1¼ cups
Ricotta Cheese: ½ cup
Parmesan Cheese: ½ cup
Unsweetened Almond Milk: ½ cup

Nuts and Seeds:

Almonds: 10g chopped
Chia Seeds: 3½ tsp
Mixed Nuts: 1 tbsp
Pecans: 10g crushed
Walnuts: 15g crushed

Herbs, Condiments, Spices, and Oils:

Fresh Parsley: 2 tbsp chopped + ¼ cup
Fresh Mint: 1 tbsp + ¼ cup
Cilantro Leaves: 1/8 cup + for garnish
Basil Leaves: ½ tsp + 4-5 leaves
Dried Thyme: ¼ tsp
Dried Oregano: ½ tsp
Dried Dill: ½ tsp
Dried Basil: ¼ tsp
Dried Rosemary: ¼ cup chopped
Apple Cider Vinegar: 3 tbsp
Balsamic Vinegar: 2 tbsp
Low-Sodium Vegetable Broth: ¼ cup
Low-Sodium Chicken Broth: ¼ cup
Raw Honey: 4 tsp
Cinnamon Powder: ½ tsp
Turmeric Powder: 1¼ tsp
Black Pepper: 1¼ tsp + as needed
Ground Ginger: ½ tsp
Cumin Powder: ½ tsp
Ground Coriander: ¼ tsp
Smoked Paprika: 1¼ tsp
Shichimi Togarashi: ¼ tsp
Red Chili Flakes: Pinch
Cayenne Pepper: 1/8 tsp
Olive Oil: 2½ tbsp
Extra Virgin Olive Oil: 6 tbsp
Coconut Oil: 1 tbsp
Sesame Oil: 1 tsp
Avocado Oil: 1 tbsp

WEEK 2

Fruits and Vegetables:

Apples: 1 small Green Apple + ½ small Fuji apple
Bananas: 2
Blueberries: 1½ cups
Cherries: ½ cup
Peach: For garnishing
Pineapple: ½ cup fresh chunks
Raspberries: ½ cup fresh or frozen
Strawberries: ¼ cup sliced
Tangerine: 1
Lemon: 3 (or 3 tsp lemon juice)
Lime: 5 tsp (or 5 tsp lime juice)
Baby Spinach: 1½ cups chopped
Bell Peppers: ¼ red + ¼ yellow + ¼ cup diced
Broccoli Florets: 2 cups (1 cup + 1 cup)
Carrot: 3 medium
Cauliflower Florets: ½ cup
Cucumber: 2 small
Cherry Tomatoes: ¾ cup
Eggplant: ¼ small
Green Beans: 100 g
Kohlrabi: 1 small
Mushrooms: ¼ cup sliced + ¼ cup
Onion: 1¼ small onions
Purple Cabbage: ¼ cup
Red Bell Pepper: ½ small
Red Onion: ½ small
Sweet Potato: 2 medium
Zucchini: 1 small + ½ peeled and grated

Proteins:

Boneless Chicken Breast: 1 small
Ground Chicken: ¼ pound
Salmon Fillet: 2 fillets
Shredded Chicken: 1 cup
Shrimp: 6-8 peeled
Eggs: 6 medium

Cereal and Starch:

Canned Black Beans: 1½ cups
Cooked Brown Rice: ½ cup
Oats: 40 g
Quinoa: ½ cup rinsed
Rolled Oats: ½ cup
Whole Wheat Lasagna Sheets: 6
Whole Wheat Lasagna Noodles: 2
Whole Wheat Pasta: 1 cup

Non-Dairy:

Almond Milk (or any plant-based milk): 2 cups
Coconut Yogurt: 1 cup

Greek Yogurt: 3 tbsp + 1 cup
Low-fat milk: 1 cup
Ricotta Cheese: ½ cup
Parmesan Cheese: ¼ cup + 1 tbsp
Unsweetened Almond Milk: ½ cup

Nuts and Seeds:

Almonds: 15g
Almond Butter: 3 tsp
Chia Seeds: 3.5 tsp
Cashews: ½ cup soaked overnight
Mixed Nuts: 2 tbsp
Pecans: 10g
Pumpkin Seeds: 1 tsp (optional)
Walnuts: 15g

Herbs, Condiments, Spices, and Oils:

Fresh Parsley: 2 tbsp + 1 tsp
Fresh Mint: 1¼ tbsp
Cilantro Leaves: ½ cup
Basil Leaves: 1½ tsp
Dried Thyme: ¼ tsp
Dried Oregano: ½ tsp
Dried Dill: ½ tsp
Rosemary: ¼ cup chopped
Apple Cider Vinegar: 2 tbsp + 1 tsp
Balsamic Vinegar: 3 tsp
Dijon Mustard: ¼ tsp
Honey: 2 tbsp + 1 tsp
Manuka Honey: 1 tsp
Oyster Sauce: 1 tbsp
Pickled Ginger: 1 tbsp
Soy Sauce/Tamari Sauce: 1½ tbsp
Tzatziki Sauce: 1 tsp
Black Pepper: approx. 1¼ tsp)
Cayenne Pepper: ⅜ tsp
Cinnamon Powder: ¼ tsp
Cumin Powder: ⅜ tsp
Garlic Powder: ¼ tsp
Ground Ginger: ½ tsp
Ground Turmeric: ¾ tsp
Smoked Paprika: 1¼ tsp
Shichimi Togarashi: ¼ tsp
Red Chili Flakes: ¼ tsp
Sea Salt: To taste
Turmeric Powder: ¼ tsp
Olive Oil: 4 tbsp + 2 tsp
Extra Virgin Olive Oil: 6 tbsp + 1 tsp
Avocado Oil: 2 tbsp
Coconut Oil: 1 tbsp
Sesame Oil: 1¼ tsp

WEEK 3

Fruits and Vegetables:

Apples: 2 small
Bananas: 1½ small
Blueberries: 1½ cups
Cherries: 4-6 (4 whole + 1 large for garnish)
Kiwi: 2 small
Mango: 1 cup
Peach: 1 small (cubed)
Pineapple: 1 cup
Strawberries: 1 cup
Grapes: 2-3
Pear: 1 small (peeled & chopped)
Mixed Berries: 1 cup (fresh or frozen)
Raspberries: ½ cup
Lemon: 1 (or 1 tbsp lemon juice)
Lime: 3 tsp (or 3 tsp lime juice)
Tangerine: 1
Baby Spinach: 2 cups
Bell Peppers: ½
Broccoli Florets: 1 cup
Cabbage: ½ cup
Carrot: 1½
Cauliflower Florets: ½ cup
Cucumber: 2 small (½ small cubed added)
Green Beans: ½ cup
Mushrooms: ¼ cup sliced
Onion: 1¼ small onions
Purple Cabbage: ¼ cup
Red Bell Pepper: ¼ small
Red onion: ¼ small
Zucchini: 1 medium

Proteins:

Boneless Chicken Breast: 1 small
Lamb Meat: 4 oz
Shredded Chicken: ½ cup
Salmon Fillet: 1 small (approx. 3-4 oz)
Turkey: 200 g
Eggs: 6 large

Cereal and Starch:

Cooked Brown Rice: ½ cup
Oats: ¼ cup
Quinoa: ¼ cup rinsed
Whole Wheat Lasagna Sheets: 6
Whole Wheat Pasta: 2 oz (about ¼ cup)
Whole Wheat Flour: ¼ cup

Non-Dairy:

Almond Milk: 1¼ cups
Almond Yogurt: 1 cup
Greek Yogurt: 1 cup
Low-fat milk: 1 cup
Ricotta Cheese: ½ cup
Parmesan Cheese: ½ cup
Coconut Yogurt: ½ cup

Nuts and Seeds:

Almonds: 15g
Almond Butter: 2 tsp
Chia Seeds: 3 tsp
Flax Seeds: 2 tsp
Granola: 3 tbsp
Mixed Nuts: 1 tbsp
Pecans: 15g
Pine Nuts: 1 tbsp
Walnuts: 15g
Brazil Nuts: 5g

Herbs, Condiments, Spices, and Oils:

Fresh Parsley: 2 tbsp + 1 tsp
Fresh Mint: approx. 1¼ tbsp
Cilantro Leaves: 2 tbsp
Basil Leaves: 1 tsp (fresh or dried)
Dried Thyme: ¼ tsp
Dried Oregano: ½ tsp
Rosemary: ¼ cup chopped
Apple Cider Vinegar: 2 tbsp + 1 tsp
Balsamic Vinegar: 3 tsp
Dijon Mustard: ¼ tsp
Honey: 2 tbsp + 1 tsp
Manuka Honey: 1 tbsp (Optional)
Oyster Sauce: 1 tbsp
Pickled Ginger: 1 tbsp
Soy Sauce/Tamari Sauce: 1½ tbsp
Tzatziki Sauce: 1 tsp
Marinara Sauce: ¼ cup
Worcestershire Sauce: 1 tbsp
Black Pepper: approx. 1¼ tsp
Cayenne Pepper: ¼ tsp
Cinnamon Powder: ½ tsp
Cumin Powder: ⅔ tsp
Garlic Powder: ¼ tsp
Ginger Powder: 1 tsp
Ground Turmeric: 1½ tsp
Smoked Paprika: ½ tsp
Sumac or Lemon Zest: ¼ tsp
Chili Powder: 1/8 tsp
Olive Oil: 6 tbsp + 1 tsp
Extra Virgin Olive Oil: 7 tbsp
Avocado Oil: 2 tbsp
Coconut Oil: 1 tbsp
Sesame Oil: 1¼ tsp

WEEK 4

Fruits and Vegetables:

Apples: 1 green
Bananas: 1 small
Blackberries: 1 cup
Blueberries: 1½ cups
Cherries: ½ cup (fresh + frozen)
Kiwi: 1 small (peeled & sliced)
Mango: 1 cup (1-inch piece + ½ cup)
Peach: 1 small (1-inch piece, cubed)
Raspberries: 1 cup
Strawberries: 1 cup
Tangerine: 1 (peeled and segmented)
Pear: 1 small (peeled & chopped)
Broccoli Florets: 2 cups
Carrots: 2 medium
Cucumber: 1½ small
Kohlrabi: 1 small
Onion: 1½ small
Red Bell Pepper: ¼ + ½ (diced + squared cut)
Yellow Bell Pepper: ¼ (diced)
Zucchini: 1 medium
Purple Cabbage: ¼ cup
Tomato: 1 small (diced)
Green Beans: 100 g
Beetroot: ½ small (peeled and grated)
Spinach: 1 cup (fresh or frozen)

Proteins:

Chicken Breast: approx. 275 g
Ground Chicken: ¼ pound
Salmon Fillet: 10 oz
Shrimp: 6–8 peeled
Eggs: 7 large

Cereal and Starch:

Brown Rice: ½ cup
Quinoa: ¼ cup
Whole Wheat Lasagna Noodles: 2
Whole Wheat Pasta: 1 cup (boiled)
Millet: ½ cup
Rolled Oats: ¼ cup

Non-Dairy:

Almond Milk: 1½ cups (120 ml + 120 ml)
Almond Yogurt: ½ cup
Coconut Yogurt: 1 cup
Creamed Cottage Cheese: ½ cup
Ricotta Cheese: ¼ cup
Low-Fat Greek Yogurt: ½ cup
Cashew or Almond Yogurt: ½ cup

Nuts and Seeds:

Almonds: 15 g
Cashews: ½ cup (soaked + crushed)
Chia Seeds: 3 tsp
Flax Seeds: 2 tbsp
Granola: 4 tbsp
Pecans: 10 g (or crushed)
Pine Nuts: 1 tbsp
Walnuts: 15 g (5 g crushed + 10 g)

Herbs, Condiments, Spices, and Oils:

Fresh Parsley: 3 tsp
Fresh Mint: 1 tbsp
Cilantro Leaves: 2 tbsp
Dried Thyme: ¼ tsp
Dried Oregano: ½ tsp
Rosemary: ¼ cup chopped
Apple Cider Vinegar: 2 tbsp + 1 tsp
Balsamic Vinegar: 2 tbsp
Honey: 2 tbsp + 1 tsp
Manuka Honey: 1 tsp
Maple Syrup: 2 tbsp
Pickled Ginger: 1 tbsp
Soy Sauce/Tamari Sauce: 1½ tbsp
Worcestershire Sauce: 2 tsp
Peanut Butter: 2 tbsp
Black Pepper: 2 tsp
Cayenne Pepper: ¼ tsp
Cinnamon Powder: ½ tsp
Cumin Powder: ½ tsp
Garlic Powder: ¼ tsp
Ginger Powder: 1 tsp
Ground Turmeric: 1¼ tsp
Smoked Paprika: ¼ tsp
Nutmeg: ¼ tsp
Shichimi Togarashi or Chili Spices: ¼ tsp
Sesame Seeds: 1 tsp
Olive Oil: 7 tbsp + 1 tsp
Extra Virgin Olive Oil: 7 tbsp
Avocado Oil: 3 tbsp
Coconut Oil: 1 tbsp
Sesame Oil: ¼ tsp
Other:
Dark Chocolate Syrup: 1 tsp
Dark Chocolate Chips: 2 tbsp
Cacao Powder: 2 tbsp
Maple Syrup: 2 tsp (as needed)
Granola: 4 tbsp
Graham Crackers: 2 tbsp
Baking Powder: ¼ tsp
Vanilla Extract: ½ tsp
Spring Water: ¼ cup + 240 ml (total: 265 ml)

WEEK 5

Fruits and Vegetables:

Apples: 1 small green (peeled and julienned)
Bananas: 2 small
Blackberries: 1 cup
Blueberries: 1 cup
Cherries: ½ cup (fresh + frozen)
Kiwi: 1 small (peeled and sliced)
Mango: 1 cup
Peach: 1 small
Raspberries: 1 cup
Strawberries: 1 cup
Tangerine: 1 (peeled and segmented)
Pear: 1 small (peeled & chopped)
Broccoli Florets: 2½ cups
Carrots: 2½ medium
Cucumber: 1½ small
Kohlrabi: 1 small (peeled and julienned)
Onion: 1½ small
Red Bell Pepper: ¼ + ½
Yellow Bell Pepper: ¼ (diced)
Zucchini: 1 medium
Purple Cabbage: ¼ cup
Tomato: 1 small (diced)
Green Beans: 100 g
Beetroot: ½ small (peeled and grated)
Spinach: 1 cup (fresh or frozen)
Baby Spinach: ¼ cup (chopped)
Cabbage: ¼ cup
Corn: ½ cup (fresh or frozen)
Bell Peppers: ¼ cup (sliced + diced)

Proteins:

Chicken Breast: approx. 275 g
Ground Chicken: ¼ pound
Salmon Fillet: 6 oz
Shrimp: 6-8 peeled
Shredded Chicken: 1¼ cups
Eggs: 8 medium

Cereal and Starch:

Brown Rice: ½ cup
Quinoa: ¼ cup
Whole Wheat Lasagna Noodles: 2
Whole Wheat Pasta: 1 cup (boiled)
Millet: ½ cup
Rolled Oats: ¼ cup
White Beans: ½ cup (preferably navy or cannellini)
Spaghetti: 60 g (boiled)

Non-Dairy:

Almond Milk: 1½ cups
Almond Yogurt: ¾ cup
Coconut Yogurt: 1 cup
Creamed Cottage Cheese: ½ cup
Ricotta Cheese: ¼ cup
Low-Fat Greek Yogurt: ½ cup
Cashew or Almond Yogurt: ½ cup
Oat Milk: 1 cup
Oat Yogurt: ¼ cup

Nuts and Seeds:

Almonds: 15 g
Cashews: ½ cup (soaked + crushed)
Chia Seeds: 3 tsp
Flax Seeds: 2 tsp
Pecans: 10 g
Granola: 4 tbsp
Pine Nuts: 1 tbsp
Walnuts: 15 g
Hemp Seeds: 1 tsp
Pumpkin Seeds: 1 tsp (optional)
Sesame Seeds: 1½ tsp
Almond Butter: 3 tbsp
Coconut Butter: 1 tbsp

Herbs, Condiments, Spices, and Oils:

Fresh Parsley: 4 tsp
Fresh Mint: 1 tbsp
Cilantro Leaves: 2 tbsp
Dried Thyme: ½ tsp
Dried Oregano: ½ tsp
Rosemary: ¼ cup chopped
Mixed Herbs: 1 tsp
Apple Cider Vinegar: 2 tbsp + 1 tsp
Balsamic Vinegar: 2 tbsp
Honey: 2 tbsp + 1 tsp
Manuka Honey: 1 tsp
Maple Syrup: 2 tsp (as needed)
Pickled Ginger: 1 tbsp
Soy Sauce/Tamari Sauce: 1½ tbsp
Worcestershire Sauce: 2 tsp
Peanut Butter: 2 tbsp
Oyster Sauce: 1 tbsp
Soya Sauce: 1 tbsp
Black Pepper: 2½ tsp
Cayenne Pepper: ¼ tsp
Cinnamon Powder: ½ tsp
Cumin Powder: ½ tsp
Garlic Powder: ¼ tsp
Ginger Powder: 1 tsp
Ground Turmeric: 1¼ tsp
Smoked Paprika: ¼ tsp
Nutmeg: ¼ tsp
Shichimi Togarashi or Chili Spices: ¼ tsp
Sesame Seeds: 1 tsp
Olive Oil: 7 tbsp + 1 tsp
Extra Virgin Olive Oil: 8 tbsp
Avocado Oil: 3 tbsp
Coconut Oil: 1 tbsp
Sesame Oil: 2 tsp
Sesame Oil: 1 tsp

Other:

Dark Chocolate Syrup: 1 tsp
Dark Chocolate Chips: 2 tbsp
Cacao Powder: 2 tbsp
Maple Syrup: 2 tsp (as needed)
Granola: 4 tbsp
Graham Crackers: 2 tbsp
Baking Powder: ¼ tsp
Vanilla Extract: ½ tsp
Spring Water: ¼ cup + 240 ml (total: 265 ml)
Ice Cubes: as needed
Rolls Oats: ¼ cup
Sesame Seeds Powder: 1 tsp
Crushed Dark Chocolate: as needed

WEEK 6

Fruits and Vegetables:

Kiwi: 2 small
Pear: 1 small (peeled and chopped)
Banana: 1 small
Strawberries: 2 (halved) + ½ cup
Raspberries: ½ cup
Blueberries: 1 cup
Peach: 1-inch piece (cubed)
Mango: 1½-inch piece (cubed)
Cherries: ½ cup frozen
Pomegranate Juice: ¼ cup
Zucchini: 1 medium + ¼ cup + ¼ small + ½ small
Bell Pepper: ¼ cup diced (red) + ¼ yellow bell pepper
Carrot: 1 medium + ½ cup + 1 small
Cucumber: 2 small
Broccoli Florets: 1¼ cups
Red Onion: 1 small
Spinach Leaves: 1½ cups
Tomato: 1¼ cups
Sweet Potato: 1 medium
Green Apple: 1 small (peeled and julienned)
Kohlrabi: 1 small (peeled and cut in julienned form)
Mushrooms: ¼ cup sliced
Red Cabbage: ½ cup sliced
Onion: 1 medium onion
Garlic Cloves: 4 cloves

Proteins:

Eggs: 2 medium
Greek Yogurt: ¾ cup
Coconut Yogurt: ½ cup
Ricotta Cheese: ½ cup
Parmesan Cheese: ½ cup
Ground Chicken: ½ pound
Salmon Fillet: 4-6 oz
Shrimp: 6-8 peeled
Creamed Cottage Cheese: ½ cup

Cereal and Starch:

Whole Wheat Flour: ¼ cup
Oats Flour: ¼ cup
Quinoa: ¼ cup
Millet: ½ cup
Brown Rice: ½ cup
Whole Wheat Spaghetti: 2 oz
Whole-wheat lasagna Noodles: 8 sheets
Lasagna Sheets: 6 sheets
Cooked White Beans: ½ cup
Almond Milk: 1 cup
Almond Yogurt: ½ cup

Nuts and Seeds:

Pine Nuts: 1 tbsp
Roasted Flax Seeds: 2 tbsp
Chia Seeds: 2 tsp
Almond Butter: 1 tsp
Shredded Coconut: 2 tbsp
Walnuts: 10g
Hemp Seeds: 1 tsp
Flax Seeds: 1 tsp

Herbs, Spices, Condiments and Oils:

Cilantro Leaves: ¼ cup + 1 tbsp
Parsley: 2 tbsp + ½ tsp
Mint Leaves: 1 tbsp
Fresh Mint: 1 tbsp
Fresh Rosemary: ¼ cup
Fresh Baby Spinach Leaves: 1 cup
Ground Cumin: ¾ tsp
Turmeric Powder: 1 tsp
Cinnamon Powder: ½ tsp
Cardamom Powder: Pinch
Smoked Paprika: ¼ tsp
Ground Ginger: ½ tsp
Chili Spices (Shichimi Togarashi or similar): ¼ tsp
Ginger Powder: Pinch
Nutmeg: ¼ tsp
Mustard Seeds: ½ tsp
Coriander Seeds: Pinch
Sea Salt: As per taste
Black Pepper: ½ tsp
Honey: 2 tsp
Manuka Honey: 1 tbsp + 1 tsp
Maple Syrup: 2 tsp + 1 tbsp
Dark Chocolate Syrup: 1 tsp
Acacia Honey: 1 tsp
Worcestershire Sauce: 1 tsp
Bragg Coconut Aminos: 1 tsp
Balsamic Vinegar: 1 tbsp + 1 tsp
Extra Virgin Olive Oil: 8 tbsp
Avocado Oil: 3 tbsp
Coconut Oil: 1 tbsp
Sesame Oil: 3 tsp
Pesto Infused Olive Oil: 1 tbsp
Truffle Honey: 1 tsp
Coconut Milk (contains oil): ¼ cup

Others:

Rice Paper Wrappers: 3-4
Graham Crackers: 2 tbsp
Dates: 2 Medjool

WEEK 7

Fruits and Vegetables

Mango Chunks: 1¾ cups
Pineapple Chunks: 2 cups
Blueberries: ¾ cup
Banana: 1½ small bananas
Carrot: 4 small carrots + 1 medium carrot
Zucchini: ½ small (peeled and grated)
Broccoli Florets: 1 cup
Onion: 1¼ onions (chopped)
Lettuce Leaves: 1¼ cups
Spinach Leaves: 1½ cups
Peach: 2 small peaches
Sweet Potato: 2 small sweet potatoes
Cherry Tomatoes: 1 cup
Purple Cabbage: ¼ cup + ¼ cup = ½ cup
Cucumber: ¾ cup
Bell Peppers: ½ cup
Cauliflower Florets: ½ cup
Celery Stalk: 1 stalk (diced)
Kale Leaves: 2 cups
Raspberries: ½ cup
Pomegranate Seeds: ¼ cup
Tangerine: 1 (peeled and segmented)
Apple: 1 small (diced)
Grapes: 2-3
Kiwi: 1-inch piece (peeled and sliced)
Mixed Greens: 2 cups (Spinach, Arugula, Lettuce)
Dried Cranberries: ½ cup

Proteins

Turkey: 200 g
Chicken Breast: 400 g
Shredded Chicken: 1 cup
Eggs: 7 eggs
Greek Yogurt: ½ cup

Cereals and Starch

Rolled Oats: ½ cup
Whole Wheat or Gluten-Free Pasta: 2 oz (about ¼ cup)
Quinoa: ½ cup
Brown Rice: ½ cup
Whole Wheat Sourdough Bread: 2 slices
White Beans: ½ cup (cooked)
Lasagna Sheets: 6-8 (boiled)

Non-Dairy

Almond Milk: 2½ cups
Almond Yogurt: ¾ cup
Coconut Yogurt: 1 cup

Nuts and Seeds

Pecans: 10g
Granola: 10 tbsp
Shredded Coconut: 2 tbsp
Basil Seeds: 1 tsp
Hemp Seeds: 2 tsp
Flax Seeds: 1 tsp
Brazil Nuts: 5g
Almond Butter: 1 tsp
Cashews: ½ cup (soaked overnight)
Pumpkin Seeds: 1 tsp (optional)
Chia Seeds: 4.5 tbsp
Walnuts (crushed): 10g
Almonds: 10g
Crushed Almonds: 5g

Herbs, Spices, Condiments and Oils:

Fresh Cilantro Leaves: For topping (approx. ¼ cup)
Basil Leaves: ¼ cup
Thyme: ½ tsp
Parsley: ½ tsp + 1 tsp
Dill: ½ tsp
Mixed Herbs: 1 tsp
Oregano: 1 tsp
Cilantro Leaves: ¼ cup
Turmeric Powder: ¾ tsp
Ginger Powder: ¼ tsp
Paprika Powder:
¼ tsp
Chili Powder: 1/8 tsp
Cinnamon Powder: ¾ tsp
Sumac: ¼ tsp
Cumin Powder: ½ tsp
Coriander Powder: ¼ tsp
Cayenne Pepper: 1/8 tsp
Black Pepper: 1½ tsp
Worcestershire Sauce: 4 tsp
Manuka Honey: 2 tsp
Balsamic Vinegar: 2 tsp
Soy Sauce: ½ tsp
Tzatziki Sauce: 1 tsp
Mayo: 1 tbsp
Nutritional Yeast: 1 tbsp
Honey: To taste
Bragg Coconut Aminos: 1 tsp
Olive Oil: 7 tbsp + 2 tsp
Extra Virgin Olive Oil: 3 tsp + 1 tbsp
Avocado Oil: 1 tsp
Coconut Oil: 1 tbsp
Sesame Oil: ¼ tsp
Pesto Infused Olive Oil: 1 tbsp
Truffle Honey: 1 tsp

WEEK 8

Fruits and Vegetables

Avocado: 1¼ avocados
Bell Peppers: ¾ cup
Carrot: 2½ cups
Cherry Tomatoes: ¾ cup
Cucumber: 1½ cucumbers
Kohlrabi: 2 small kohlrabis
Onion: 2 onions
Spinach Leaves: 1¼ cups
Mushrooms: ½ cup
Broccoli Florets: 1¼ cups
Strawberries: ¾ cup
Blueberries: 1½ cups
Raspberries: 1 cup
Sweet Potato: 1 small + 1 medium
Green Apple: 1 small (julienned)
Brussels Sprouts: 1 cup (halved and sautéed)
Baby Bok Choy: 1 head (chopped)
Fresh Cilantro Leaves: ~½ cup
Mint Leaves: ~¼ cup
Lemon: 1 lemon (or approx. 2 tbsp lemon juice)
Pomegranate Juice: ¼ cup
Pomegranate Seeds: ¼ cup

Proteins

Salmon Fillet: 10–12 oz (approx. 280–340g)
Chicken Breast: 1 medium chicken breast
Shredded Chicken: ½ cup
Shrimp: 6–8 pieces
Lamb Meat: 4 oz (boneless)
Eggs: 4 eggs
Plain Greek Yogurt: 1¼ cups
Cashew Yogurt: ½ cup
Almond Yogurt: ¼ cup

Cereals and Starch

Whole Wheat Spaghetti: 60g (boiled)
Whole Wheat Pasta: 1 cup (boiled)
Quinoa: ¼ cup (cooked)
Oats: 40g
Granola: 6 tbsp
Whole-grain bread: 3 slices
Rice Paper Wrappers: 3–4
Pita Bread: 1 small
Chickpea Flour: 1 tbsp
Brown Rice: ½ cup

Non-Dairy

Almond Milk: 1¼ cups
Coconut Milk: ¼ cup
Cashew Yogurt: ½ cup
Almond Yogurt: ¾ cup
Greek Yogurt: ¼ cup (in addition to the 1¼ cups)

Nuts and Seeds

Cashews: 5g
Almonds: 10g
Pecans: 5g
Walnuts: 10g
Peanuts: 2 tbsp
Hemp Seeds: 1 tsp
Flax Seeds: 1 tsp
Chia Seeds: 1 tsp
Pumpkin Seeds: 1 tsp (optional)
Mixed Nuts: 1 tbsp

Herbs, Spices, Condiments and Oils:

Parsley: 3 tsp + 1 tbsp
Mixed Herbs: 1 tsp
Basil Leaves: ½ tsp
Fresh Cilantro Leaves: ~½ cup
Fresh Mint Leaves: ~¼ cup
Rosemary: ¼ cup
Thyme: ¼ tsp
Dill: ½ tsp
Turmeric Powder: ¾ tsp
Cumin Powder: ½ tsp
Garlic Powder: ½ tsp
Ginger Powder: 1 tsp
Paprika Powder: ¼ tsp
Chili Powder: 1/8 tsp
Cinnamon Powder: 1¼ tsp
Black Pepper: 1½ tsp
Cayenne Pepper: ½ tsp
Shichimi Togarashi: ¼ tsp
Red Chili Flakes: ¼ tsp
Sea Salt: As per taste
Olive Oil: 6 tbsp + 1 tsp
Extra Virgin Olive Oil: 4 tbsp + 2 tsp
Sesame Oil: 1½ tsp
Apple Cider Vinegar: 2 tsp
Manuka Honey: 2 tsp
Acacia Honey: 1 tsp
Raw Honey: 1 tbsp
Tamari Sauce: 1 tbsp
Maple Syrup: 1 tsp
Soy Sauce: 1 tbsp
Worcestershire Sauce: 1 tsp
Coconut Oil: 1 tbsp
Avocado Oil: 1 tbsp
Truffle Honey: 1 tsp