

THE 21-DAY Weight-loss BREAKTHROUGH

SHOPPING LIST

PREP DAY

From week to week, you'll have leftovers from your Prep Day: The salmon and chicken recipes, for example, yield an extra piece to stash in the freezer, and the pots of oatmeal and quinoa make double batches (also freezable). Before you shop for weeks two and three, do a quick scan to see what's already good to go!

PRODUCE

- ☐ Blueberries (1 cup)
- ☐ Raspberries (½ cup)
- ☐ Blackberries (½ cup)
- ☐ 1 mango, plus more for snacks if using
- ☐ 1 orange (for Citrus Dressing)
- ☐ 1 apple, for snacks
- ☐ 8 to 10 limes
- ☐ 4 to 6 lemons
- ☐ 1 avocado, for snacks
- ☐ 1 bag romaine hearts
- ☐ 1 head Boston or bibb lettuce
- ☐ 2 (5-oz) packages baby spinach
- ☐ 1 (5-oz) package baby arugula
- ☐ 1 head red cabbage
- ☐ 2 pints grape tomatoes, plus more for snacks if using
- ☐ 1 head broccoli (4 cups florets)
- ☐ 1 head cauliflower (4 cups florets)
- ☐ 4 red bell peppers
- ☐ 2 bell peppers, any color

- ☐ 2 zucchini
- ☐ 1 English cucumber, plus more for snacks if using
- ☐ 1 head celery
- ☐ 1 bunch radishes
- ☐ 1 package presliced white mushrooms (1½ cups)
- ☐ 1 hand ginger
- ☐ 2 heads garlic
- ☐ 6 to 8 onions
- ☐ 1 bunch scallions
- ☐ Herbs: mint, rosemary, thyme, and cilantro (1 bunch each)

DAIRY

- ☐ 2% milk (1½ cups)
- ☐ 1% milk or soy milk (3 cups)
- ☐ Plain 2% Greek yogurt (2 cups)

MEAT, FISH, SOY PROTEINS

- ☐ 2 (4-oz) boneless skinless chicken breasts
- ☐ 2 (4-oz) skinless salmon fillets
- ☐ 1 (8-oz) package soy tempeh
- ☐ 1 (14-oz) package extra-firm tofu
- ☐ 1 lb silken soft tofu

GROCERY

- ☐ 1 (14.5-oz) can no-salt-added diced tomatoes
- ☐ 1 can chipotle chile in adobo
- ☐ 1 (13.5-oz) can light coconut milk

- ☐ 1 package mini whole-grain pita rounds
- ☐ 7 (15.5-oz) cans low-sodium black beans
- ☐ Capers
- ☐ Quinoa (1½ cups)
- ☐ Steel-cut oatmeal (1 cup)
- ☐ Hummus, for snacks
- ☐ Nut butter, for snacks

OILS, VINEGAR, CONDIMENTS

(Some of these you may already have on hand.)

- ☐ Extra-virgin olive oil
- ☐ Toasted sesame oil
- ☐ Balsamic vinegar
- ☐ Red wine vinegar
- ☐ Reduced-sodium tamari
- ☐ Dijon mustard
- ☐ Green curry paste (Look for this in the international or Asian foods aisle.)

SPICES

(In addition to coarse salt and pepper.)

- ☐ Chili powder
- ☐ Dried thyme
- ☐ Ground cumin
- ☐ Nutmeg
- ☐ Cinnamon stick
- ☐ Pure vanilla extract

NUTS & SEEDS

- ☐ Almonds, for snacks
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Walnuts

WEDNESDAY PREP

You'll need to refresh your fruit and veggie stash for the second half of the week, but check the crisper before you shop—there might be some leftovers that can assist.

PRODUCE

- ☐ Blueberries (1 cup)
- ☐ Raspberries (½ cup)
- ☐ Blackberries (½ cup)
- ☐ 1 mango
- ☐ Mixed greens
- ☐ 1 bag romaine hearts
- ☐ 1 (5-oz) package baby spinach
- ☐ 1 avocado
- ☐ 1 pint grape tomatoes
- ☐ 1 English cucumber
- ☐ 2 red bell peppers
- ☐ Cauliflower (3 cups florets)*
- ☐ 3 limes*
- ☐ 3 lemons*
- ☐ Herbs: basil, cilantro,* mint*

*Might have some from earlier in the week.