

## Grains & Flour

- Whole wheat flour — 5 cups
  - Rolled oats — 3 cups
  - Quinoa (uncooked) — 2 cups
  - Whole wheat tortillas (large) — 8
  - Ground flaxseed — ½ cup
  - Baking powder — 4 tsp
  - Baking soda — 2 tsp
  - Brown rice — 2 cups
  - Coarse ground polenta — 1 cup
  - Whole grain bread — 16 slices
  - Almond flour — 2 cups
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## Proteins & Eggs

- Large eggs — 24
  - Plain Greek yogurt or dairy-free yogurt — 4 cups
  - Boneless, skinless chicken breast — 1.5 lbs (about 24 oz)
  - Boneless, skinless chicken thighs — 1.5 lbs
  - Lean ground turkey — 1 lb
  - Tilapia fillets — 2 (4-6 oz each)
  - Grated cheese (cheddar/mozzarella or dairy-free) — 1 cup
  - Feta cheese (crumbled) — 1 cup
  - Hummus — ¾ cup
  - Silken tofu — 1 (12 oz) package
  - Low-sodium cottage cheese — ½ cup
  - Whole milk ricotta cheese — 1 cup
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## Milk & Milk Alternatives

- Unsweetened almond milk (or other plant/dairy milk) — about 10 cups (2.5 quarts)
  - Full-fat coconut milk — 1 can (13.5 oz)
  - Unsalted butter — small block (about 4 tbsp)
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## Fruits

- Blueberries (fresh or frozen) — 2 cups
- Mixed berries (blueberries, raspberries, strawberries) — 2 cups total
- Ripe bananas — 6

- Frozen raspberries — 1 cup
  - Ripe peaches — 4
  - Frozen mango chunks — 1 cup
  - Cherries (fresh or frozen) — ¼ cup
  - Mixed fresh fruit for toppings — ½ cup
  - Ripe pears — 4
  - Medium apple — 1
  - Lemons — 4 (for juice and zest)
  - Fresh strawberries — 1 lb (optional)
  - Avocados — 4
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## **Vegetables & Greens**

- Bell peppers — 6 (mix of red, yellow, green)
  - Spinach (fresh or chopped) — 6 cups total
  - Broccoli florets — 2 cups
  - Mushrooms (chopped) — 1 cup
  - Onions — 5 medium (mix of yellow and red)
  - Zucchini — 3 medium
  - Cherry tomatoes — 1 cup
  - Garlic cloves — 12
  - Celery (chopped) — 3 cups
  - Mixed salad greens (romaine, spinach, butter lettuce) — 8 cups
  - Lettuce leaves (for wraps) — 10 large
  - Fresh herbs (parsley, chives, dill, mint) — 1 bunch each (about 1 cup total chopped)
  - Carrots — 3 cups chopped or 1.5 lbs
  - Cucumber — 1 medium
  - Butternut squash — 1 medium (2-3 lbs)
  - Sweet potatoes — 3 large
  - Leeks — 2 large
  - Green cabbage (half head) — 1
  - Jalapeño — 1 (optional)
  - Fresh basil leaves — 1 cup chopped
  - Fresh ginger — 2-inch piece
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## **Nuts, Seeds & Extras**

- Chia seeds — 7 tbsp
- Walnuts (raw or toasted) — 1 cup
- Almonds (sliced/slivered) — ¼ cup
- Pumpkin seeds — ½ cup
- Coconut flakes — ¼ cup

- Coconut oil or butter — 4 tbsp
  - Olive oil — 20 tbsp (about 1 ¼ cups)
  - Vanilla extract — 2 tsp
  - Maple syrup or honey — ¾ cup
  - Nutritional yeast — ¾ cup
  - Pitted dates — ½ cup
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## **Spices & Condiments**

- Salt — 1 small container
  - Black pepper — 1 small container
  - Ground cinnamon — 2 tsp
  - Smoked paprika — 1 tsp (optional)
  - Turmeric powder — ½ tsp
  - Red pepper flakes — ½ tsp (optional)
  - Dijon mustard — 3 tbsp
  - Balsamic vinegar — 2 tbsp
  - Apple cider vinegar or lemon juice — 2 tbsp
  - Ground cumin — 2 tsp
  - Chili powder — 1 tsp
  - Dried thyme — 3 tsp
  - Dried oregano — 3 tsp
  - Dried rosemary — 1 tsp
  - Ground nutmeg — pinch
  - Garlic powder — 1 tsp
  - Cornstarch or arrowroot powder — 3 tbsp
  - Soy sauce or tamari — 2 tbsp
  - Sesame oil — 1 tsp
  - White pepper — pinch
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## **Canned & Packaged Goods**

- Black beans (15-oz cans) — 3 cans
- Cannellini beans or white beans (15-oz can) — 1 can
- Sweet corn (15-oz can or fresh/frozen) — 1 can or 1 ½ cups
- Tuna in water (5-oz cans) — 2 cans
- Diced tomatoes (28-oz cans) — 2 cans
- Diced tomatoes (14.5-oz can) — 1 can
- Tomato paste — 2 tbsp
- Miso paste — 2 tbsp
- Low-sodium chicken or vegetable broth — 4 cups
- Whole grain crackers — 6 pieces

- Plain rice cakes — 2
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## **Frozen**

- Frozen mixed berries — 2 cups (if not fresh)
  - Frozen edamame pods — 1 cup
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## **Optional Toppings & Additions**

- Granola — ½ cup
- Fresh mint leaves — 1 small bunch
- Sliced avocado — 1-2 for garnish
- Ice cubes (for smoothies) — as needed
- Toasted pine nuts (optional) — ¼ cup