

# Produce

## Fruits:

- Bananas: 3
- Mixed berries (strawberries, blueberries, raspberries): 2 cups
- Mangoes: 2
- Kiwis: 2
- Passionfruit: 2
- Papaya: 1
- Lime: 4
- Lemon: 2
- Green apple: 1
- Avocados: 3
- Pineapple: 1
- Cherry tomatoes: 1 pint
- Tomatoes: 4
- Red bell peppers: 3
- Yellow bell peppers: 2
- Green bell peppers: 2
- Zucchini: 4
- Yellow squash: 2
- Cucumber: 1
- Carrots: 6
- Red onions: 3
- Onions: 4
- Garlic cloves: 10
- Ginger root: 1 small piece
- Fresh mint leaves: 1 bunch
- Fresh parsley: 1 bunch
- Fresh cilantro: 1 bunch
- Fresh oregano: 1 bunch
- Fresh rosemary: 1 bunch
- Collard greens or kale: 1 bunch
- Mixed greens: 1 bag
- Spinach: 1 bag
- Cabbage (green and red): 1 small head each
- Acorn squash: 2 small
- Spaghetti squash: 1 medium
- Eggplants: 2 large
- Sweet potatoes: 2 large
- Cassava (yuca): 2 pounds
- Broccoli: 1 head
- Asparagus: 1 bunch
- Jalapeño pepper: 1
- Fresh basil: 1 bunch

- Fresh chives: 1 bunch

## Proteins

- Chicken breasts (boneless, skinless): 2
- Chicken thighs (boneless, skinless): 4
- Lean ground chicken: 1 pound
- Lean beef sirloin steaks: 2
- Raw shrimp: 2 pounds
- Firm white fish fillets (e.g., tilapia, cod): 1.5 pounds
- Extra-firm tofu: 2 blocks (14 oz each)
- Eggs: 1 dozen
- Low-fat mozzarella or farmer's cheese: ½ cup
- Parmesan cheese: ½ cup
- Plain Greek yogurt: 1 cup
- Plant-based protein powder: as needed

## Pantry Staples

- Tapioca flour: 1 cup
- Cassava flour: ½ cup
- Almond flour: ¼ cup
- Coconut flour: 1 tablespoon
- Rolled oats: ½ cup
- Quinoa (uncooked): 1 cup
- Brown rice (uncooked): 1 cup
- Black beans (canned): 2 cups
- Chickpeas (canned): 1 can (15 oz)
- Lentils (cooked): 1 cup
- Corn (frozen): 1 cup
- Guava paste (goiabada): ¼ cup
- Dried cranberries or chopped dried apricots: ¼ cup
- Dried oregano: 1 tablespoon
- Dried thyme: 1 tablespoon
- Smoked paprika: 1 tablespoon
- Ground cumin: 1 teaspoon
- Ground cinnamon: 1 teaspoon
- Turmeric powder: ½ teaspoon
- Red pepper flakes: 1 teaspoon
- Sea salt: to taste
- Black pepper: to taste
- Baking powder: 1 teaspoon
- Olive oil: ½ cup

- Coconut oil: 2 tablespoons
- Sesame oil: 1 teaspoon
- Apple cider vinegar: 3 tablespoons
- Red wine vinegar: 2 tablespoons
- Rice vinegar: 1 tablespoon
- Soy sauce or tamari: 3 tablespoons
- Dijon mustard: 2 teaspoons
- Honey or maple syrup: 2 tablespoons
- Stevia or monk fruit extract: as needed
- Vanilla extract: 1 teaspoon
- Guarana powder: ½ teaspoon
- Nutritional yeast: ½ cup
- Chia seeds: 4 tablespoons
- Flax seeds: 2 tablespoons
- Pumpkin seeds: 1 tablespoon
- Almond butter: 2 tablespoons
- Cashew nuts: ½ cup
- Brazil nuts: ½ cup
- Almonds: ½ cup
- Sunflower seeds: ¼ cup
- Granola: as needed
- Unsweetened shredded coconut: ½ cup
- Unsweetened applesauce: as needed
- Coconut milk (unsweetened): 1 cup
- Almond milk (unsweetened): 6 cups
- Açaí puree (frozen): 3 packets
- Green tea bags: 2
- Vegetable broth (low-sodium): 1 cup
- Fish broth (low-sodium): ½ cup
- Diced tomatoes (canned): 1 can (14.5 oz)
- Tomato sauce (canned): 1 can (14.5 oz)
- Goji berries: 2 tablespoons
- Dendê (palm oil): 1 tablespoon
- Cacao nibs: as needed

## **Spices & Condiments**

- Chili powder: 1 tablespoon
- Cayenne pepper: ½ teaspoon
- Garlic powder: 1 teaspoon
- Onion powder: 1 teaspoon
- Nutmeg: ¼ teaspoon
- Sea salt flakes: to taste
- Black peppercorns: to taste

## Beverages

- Camellia Sinensis green tea: 2 cups brewed
- Passionfruit pulp: ½ cup

## Spices & Condiments (continued)

- Nutmeg: ¼ **teaspoon**
- Sea salt flakes: **to taste**
- Black pepper: **to taste**
- Bay leaves: **2**
- Allspice: ¼ **teaspoon**
- Ground coriander: ½ **teaspoon**
- Curry powder: **1 teaspoon**
- Tahini: **2 tablespoons**
- Harissa paste (optional for spicy dishes): **1 tablespoon**
- Hot sauce (optional): **as needed**

## Beverages & Smoothie Add-ins

- Coconut water (unsweetened): **1 liter**
- Plant-based protein powder (vanilla or unflavored): **optional, for smoothies**
- Guarana powder: ½ **teaspoon**
- Cacao nibs: **as needed**
- Green tea bags: **2**
- Açaí puree (frozen): **3 packets**
- Goji berries: **2 tablespoons**

## Breads & Wraps

- Cassava tortillas or coconut wraps (gluten-free): **1 pack**
- Tapioca bread or gluten-free flatbread (optional): **1 small loaf or 2–4 pieces**

## Frozen Items

- Açaí puree packets: **3**
- Frozen mango chunks (optional for smoothies): **1 cup**
- Frozen peas or vegetables (if preferred for convenience): **optional**
- Ice cubes (if not already available at home)

## Miscellaneous & Kitchen Use

- Parchment paper or non-stick baking sheets

- Food storage containers for meal prep
- Ice pop molds (for frozen fruit popsicles)
- Blender or food processor (if not already available)
- Skewers (for grilled veggie or shrimp skewers)
- Bamboo sushi mat (if making homemade wraps/rolls)