

Vegetables & Herbs

- Fresh spinach: about **16 cups** (roughly 4 cups per week × 4 weeks)
 - Small onions: **12** (approx. 3 per week)
 - Garlic cloves: **30 cloves** (approx. 7-8 per week)
 - Fresh dill: **8 tablespoons** (2 tbsp/week)
 - Fresh parsley: **1 bunch** (~4 tbsp chopped per week)
 - Thinly sliced red onion: **1 medium** (for optional use)
 - Fresh mixed berries (blueberries, raspberries, strawberries): **4 cups**
 - Lemons: **12 large** (for juice, zest, slices)
 - Limes: **4 large**
 - Avocado: **6 medium** (1.5 per week)
 - Frozen banana: **4 small** (1 per week)
 - Capers (optional): **1 small jar**
 - Large cucumber: **6 medium** (1.5 per week)
 - Cherry tomatoes: **4 cups**
 - Fresh cilantro: **1 bunch** (~4 tbsp chopped per week)
 - Fresh mint leaves: **4 bunches** (for drinks and salads)
 - Carrots: **8 medium**
 - Red bell peppers: **8 medium**
 - Green onions (scallions): **12 stalks**
 - Broccoli florets: **16 cups** (4 cups per week)
 - Kale, Swiss chard, or mixed greens: **16 cups**
 - Cauliflower (head or florets): **4 medium heads** or **16 cups riced**
 - Zucchini: **6 medium**
 - Jalapeño pepper: **4 medium**
 - Butter or Romaine lettuce (heads): **4 heads**
 - Portobello mushrooms: **16 large caps**
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Proteins & Dairy

- Large eggs: **24 eggs** (6 eggs per week)
 - Crumbled feta cheese (reduced fat): **2 cups**
 - Unsweetened almond milk: **4 cups** (1 cup per week)
 - Plant-based protein powder (pea/hemp): **4 scoops**
 - Smoked salmon: **16 ounces** (4 oz per week)
 - Salmon fillets: **8 fillets** (4-6 oz each)
 - Boneless, skinless chicken breasts: **8 breasts** (~2 per week)
 - Lean ground turkey: **5 pounds** (1.25 lbs per week)
 - Cod fillets: **16 fillets** (4-6 oz each)
 - Low-fat shredded mozzarella (optional): **2 cups**
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Grains & Legumes

- Ezekiel bread: **8 slices**
 - Whole wheat breadcrumbs or oat flour: **1 cup**
 - Quinoa (dry): **4 cups** (1 cup per week)
 - Chickpeas (canned, drained): **4 cans (15 oz)**
 - Low-sodium vegetable broth: **16 cups** (4 cups per week)
 - Brown rice (optional): **4 cups cooked**
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Oils, Fats & Seeds

- Olive oil or avocado oil: **1 cup** (approx. 16 tablespoons)
 - Coconut oil: **4 tablespoons**
 - Chia seeds: **16 tablespoons** (4 tbsp per week)
 - Flaxseeds (optional): **4 tablespoons**
 - Sesame oil: **4 teaspoons**
 - Pumpkin or sunflower seeds (optional): **4 teaspoons**
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Seasonings, Sweeteners & Condiments

- Pink Himalayan salt: **3 teaspoons** + to taste
- Black pepper: **3 teaspoons** + to taste
- Ground cinnamon (optional): **1 teaspoon**
- Ground cumin: **4 teaspoons**
- Smoked paprika: **3 teaspoons**
- Ground coriander: **2 teaspoons**
- Turmeric powder: **2 teaspoons**
- Chili flakes (optional): **1 teaspoon**
- Dried oregano: **4 teaspoons**
- Dried thyme: **1 teaspoon**
- Dried rosemary: **1 teaspoon**
- Pure vanilla extract (optional): **4 teaspoons**
- Spirulina powder (optional): **2 teaspoons**
- Low-sodium soy sauce or tamari: **1 cup**
- Raw honey or maple syrup: **1/2 cup**
- Apple cider vinegar (raw, unfiltered): **4 tablespoons**
- Liquid chlorophyll: **4 teaspoons**
- Balsamic vinegar: **12 tablespoons**
- Tomato paste: **4 tablespoons**
- White miso paste: **8 tablespoons**
- Mirin: **4 tablespoons**
- Rice vinegar: **4 tablespoons**

Optional / Garnishes

- Toasted sesame seeds: **4 teaspoons**
- Ice cubes: as needed