

## **📋 Fresh Produce**

- Lemons (6–8 total + 1 for juice and zest)
  - Limes (3–4 total)
  - Cucumbers (2 total)
  - Fresh ginger root (1 small piece + 1 tsp grated x2)
  - Fresh mint leaves (1 small bunch)
  - Fresh watermelon (1 small seedless or pre-cut chunks)
  - Avocados (3 total)
  - Microgreens or fresh herbs (parsley, chives, etc.)
  - Mixed fresh berries (blueberries, raspberries, strawberries – about 2 cups)
  - Fresh spinach (1 bunch or ~4 cups total)
  - Mushrooms (1½ cups – cremini or button)
  - Red onion (2 small or 1 medium + ¾ cup finely chopped/sliced total)
  - Garlic (4–5 cloves)
  - Bananas (2–3)
  - Apples (1 sweet variety like Fuji or Gala)
  - Sweet potatoes (3 medium)
  - Arugula (2 cups or optional substitution)
  - Asparagus (1 bunch)
  - Bell peppers (2 – red and any color)
  - Broccoli (1 medium head or ~2 cups florets)
  - Cabbage (green or purple – 2 cups shredded)
  - Carrots (2 – 1 julienned, 1 sliced)
  - Cauliflower rice (2 cups)
  - Cherry tomatoes (1¾ cups total)
  - Green beans (2 cups trimmed)
  - Kale (1 bunch)
  - Leafy greens (spinach, arugula, romaine – 2 cups)
  - Snap peas (1 cup)
  - Zucchini (5 medium total)
  - Tomatoes (1 can crushed, no added salt)
  - Lettuce leaves (8 large – Romaine or butter)
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## **📋 Herbs & Seasonings**

- Fresh basil (1 cup packed + garnish)
- Fresh parsley (2 tablespoons chopped + garnish)
- Fresh cilantro (1 tablespoon chopped + garnish)
- Fresh thyme or rosemary (1 tablespoon)
- Dried basil (1 teaspoon)
- Dried oregano (2 teaspoons + pinch optional)
- Dried thyme (2 teaspoons)
- Ground cumin (2 teaspoons)
- Ground cinnamon (1 jar)

- Ground black pepper (freshly ground or ground)
  - Red chili flakes (1 tablespoon optional)
  - Cayenne pepper (optional)
  - Garlic powder (about 2 teaspoons)
  - Onion powder (1½ teaspoons)
  - Paprika (3 teaspoons)
  - Pink Himalayan salt (large jar; used many times)
  - Nutritional yeast (1 tablespoon)
  - Sesame seeds (2 teaspoons or 1 tablespoon, optional)
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## ☐ **Pantry Staples**

- Baking powder (aluminum-free)
  - Cream of tartar (optional)
  - Ground flaxseeds
  - Chia seeds
  - Rolled oats (gluten-free if needed)
  - Coconut flour
  - Pure vanilla extract
  - Tomato paste (1 tablespoon)
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## ☐ **Natural Sweeteners (Optional)**

- Raw honey
  - Pure maple syrup
  - Stevia (optional)
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## ☐ **Grains, Bread & Wraps**

- Sprouted whole grain bread (like Ezekiel or rye)
  - Quinoa (½ cup dry)
  - Low-carb or whole grain wrap (1 large)
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## ☐ **Oils, Vinegars & Condiments**

- Extra virgin olive oil (used many times – stock well)
- Olive oil (used 5 times)
- Avocado oil (optional)

- Coconut oil
  - Apple cider vinegar (raw, unfiltered, with “mother”)
  - Balsamic vinegar (1 tablespoon optional)
  - Rice vinegar (2 tablespoons)
  - Sesame oil (1 tablespoon + 1 teaspoon)
  - Soy sauce or coconut aminos (gluten-free) – 3 tablespoons total
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## ☐ **Dairy & Plant-Based Alternatives**

- Unsweetened almond milk (at least 4–5 cups)
  - Plain Greek yogurt (non-fat, with live cultures) – 1 tbsp + additional if desired
  - Mozzarella cheese (part-skim – 1 cup shredded)
  - Ricotta cheese (part-skim – 1 cup)
  - Parmesan cheese substitute (nutritional yeast already listed)
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## ☐ **Proteins**

- Organic eggs (at least 7)
  - Boneless, skinless chicken breasts (2)
  - Ground turkey (1 lb x2)
  - Salmon fillets (6 – about 4–6 oz each)
  - Cod fillets (2 – about 4 oz each)
  - Shrimp (1 lb, peeled and deveined)
  - Lean steak (sirloin or flank – about 6 oz)
  - Canned tuna (wild-caught, in water – 1 can)
  - Canned chickpeas (1 cup)
  - Firm tofu (1 block – 14 oz)
  - Tempeh (1 block – 8 oz)
  - Raw almonds (small pack + 1 tbsp for topping)
  - Walnuts (optional topping)
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## ☐ **Beverages & Misc.**

- Green tea (bags or loose-leaf)
  - Unsweetened coconut water (1–2 cups)
  - Filtered water
  - Ice cubes (optional)
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Would you like this turned into a **printable checklist** (with checkboxes) or broken down into **weekly grocery trips**?

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You said:  
complete it

*ChatGPT said:*

Here is your **complete, consolidated grocery list**, merged and categorized from all the entries you provided. This version avoids repetition, includes all quantities where possible, and is organized for easy shopping:

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## ☐ **Fresh Produce**

- Lemons – 6–8 total (plus 1 for juice and zest)
- Limes – 3–4 total
- Cucumbers – 2 (1 whole, ½ cup sliced)
- Fresh ginger root – 1 small piece (plus ~2 tsp grated)
- Fresh mint leaves – 1 small bunch
- Fresh watermelon – 1 small seedless or pre-cut chunks
- Avocados – 2 whole + ¼ diced + ¼ ripe + 1 large diced
- Microgreens or fresh herbs (parsley, chives, basil, thyme, cilantro) – 1 bunch each if using
- Mixed fresh berries (blueberries, raspberries, strawberries) – ~2 cups
- Fresh spinach – 1 bunch or 3 cups total (chopped, fresh, baby leaves)
- Mushrooms (cremini or button) – ~1½ cups sliced
- Red onion – 1 small + ¼ sliced + 2 tbsp chopped
- Onion – 1 medium diced
- Garlic – 1 clove + 2 minced + 1 minced (5 total)
- Banana – 2–3
- Apple (sweet variety like Fuji or Gala) – 1
- Sweet potatoes – 3 medium (peeled, cubed)
- Arugula – 1 bunch or as mixed leafy greens
- Asparagus – 1 bunch
- Bell peppers – 1 red + 1 any color
- Broccoli florets – 2 cups or 1 medium head
- Cabbage (green/purple) – 2 cups shredded
- Carrots – 2 (1 medium julienned, 1 cup sliced)
- Cauliflower rice – 2 cups
- Cherry tomatoes – ~2 cups halved
- Green beans – 2 cups trimmed
- Kale – 1 bunch chopped
- Leafy greens (spinach, arugula, romaine) – 2 cups

- Snap peas – 1 cup
  - Tomatoes (crushed, no salt) – 1 can (14.5 oz)
  - Zucchini – 4 medium (spiralized, sliced lengthwise, half-moons)
  - Lettuce leaves (Romaine or butter) – 8 large
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## ☐ **Pantry Essentials**

- Pink Himalayan salt – large jar (used multiple times)
  - Black pepper (ground or fresh) – to taste
  - Red chili flakes – optional (1 tbsp)
  - Cayenne pepper – optional
  - Ground cinnamon – 1 jar
  - Ground cumin – 1 tsp
  - Dried basil – 1 tsp
  - Dried oregano – 2 tsp
  - Dried thyme – 2 tsp
  - Garlic powder – ~2 tsp total
  - Onion powder – ~1½ tsp total
  - Paprika – ~3 tsp
  - Cream of tartar – optional
  - Baking powder (aluminum-free)
  - Ground flaxseeds
  - Chia seeds
  - Nutritional yeast – 1 tbsp (plus for parmesan substitute)
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## ☐ **Natural Sweeteners (Optional)**

- Raw honey
  - Pure maple syrup
  - Stevia – optional
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## ☐ **Grains & Bread**

- Sprouted whole grain bread (like Ezekiel or rye) – 1 loaf
  - Quinoa – ½ cup dry
  - Rolled oats (gluten-free if needed)
  - Coconut flour
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## ☐ **Oils & Vinegars**

- Extra virgin olive oil – ~½ cup total
  - Avocado oil – optional
  - Coconut oil
  - Apple cider vinegar (raw, unfiltered, with “mother”)
  - Balsamic vinegar – optional
  - Sesame oil – ~2 tbsp total
  - Soy sauce (low sodium) or Coconut aminos (gluten-free) – ~3 tbsp total
  - Rice vinegar – 2 tbsp
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## ☐ **Dairy & Plant-Based Alternatives**

- Unsweetened almond milk – at least 5 cups
  - Plain Greek yogurt (non-fat, with live cultures) – 1 container
  - Mozzarella cheese (part-skim) – 1 cup shredded
  - Ricotta cheese (part-skim) – 1 cup
  - Parmesan substitute – use nutritional yeast
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## ☐ **Protein & Eggs**

- Organic eggs – at least 6 (plus 1 extra for recipes)
  - Boneless, skinless chicken breasts – 2
  - Ground turkey – 1 lb (used twice)
  - Lean steak (sirloin or flank) – ~12 oz total
  - Salmon fillets – 4 (4–6 oz each)
  - Cod fillets – 2 (about 4 oz each)
  - Shrimp – 1 lb peeled and deveined
  - Tuna (wild-caught, in water) – 1 can (5 oz)
  - Tempeh – 1 block (8 oz)
  - Firm tofu – 1 block (14 oz)
  - Canned chickpeas – 1 cup (drained, rinsed)
  - Raw almonds – small pack + 1 tbsp for topping
  - Walnuts – optional for topping
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## ☐ **Beverages & Extras**

- Green tea (bags or loose-leaf)
- Unsweetened coconut water – 1–2 cups
- Filtered water (ensure availability)

- Ice cubes – optional