

# Combined Grocery List for 3 Weeks

## Fresh Fruits & Vegetables

- Apples, medium — 6
- Avocados, ripe — 6 whole
- Bananas, medium — 12
- Blueberries (fresh or frozen) — 8 cups
- Dates, Medjool, pitted — 18
- Mint leaves — 1 small bunch
- Orange — 4 (for zest and juice)
- Pomegranate seeds/arils — 1.5 cups (or 1 medium pomegranate)
- Fresh spinach leaves — ~11 cups
- Cucumbers, medium — 7
- Cherry tomatoes — 6 cups
- Red onion — 2 medium
- Medium onion — 21 total
- Kalamata olives, pitted — 3 cups (can be fresh or jarred)
- Fresh parsley — 4 bunches
- Fresh cilantro — 3 bunches
- Red cabbage, shredded — 3 cups
- Carrots, medium — 21
- Broccoli florets — 3 cups
- Cauliflower — 3 large heads
- Zucchini, medium — 6
- Red bell pepper — 7 (mixed colors if desired)
- Shiitake or mixed mushrooms — 2 lbs (~32 oz)
- Garlic cloves — ~62 cloves
- Butternut squash, medium — 3 (about 9-12 cups peeled and cubed)
- Celery stalks — 18
- Sweet potatoes, large — 12
- Kale (or spinach), large bunches — 3 (about 12 cups chopped) + 4 cups chopped (additional)  
→ total ~16 cups chopped
- Fresh thyme — 2 bunches or 4 tsp dried
- Fresh basil leaves — 1 bunch
- Small raw beetroot or cooked diced — 3 medium or 1.5 cups diced
- Lemon — 14 (for juice and zest)
- Fresh ginger — about 3 tablespoons grated (or equivalent ground ginger)
- Fresh rosemary — 1 small bunch (or 3 tsp dried)
- Fresh chives — 1 bunch (optional garnish)
- Fresh scallions — 3 bunches
- Fresh lime — 3 (for juice)
- Spaghetti squash, medium — 3 (about 9-12 lbs)

- Mango chunks (frozen) — ~9 cups
  - Pears (Bosc or Anjou) — 12 ripe but firm
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## Grains, Flours & Seeds

- Old-fashioned rolled oats — 6 cups
  - Quinoa, uncooked — 3 cups
  - Buckwheat flour — 3 cups
  - Pearl barley — 3 cups
  - Almond flour — 5 1/4 cups
  - Whole wheat flour or gluten-free flour — 4 cups (3 + 1)
  - Tapioca starch — 1 1/2 cups
  - Chia seeds — 15 tbsp (6 + 9)
  - Hemp seeds — 3 tbsp (optional)
  - Ground flaxseed — approx. 1 cup + 3 tbsp (combine to ~1 1/4 cup)
  - Pumpkin seeds or sunflower seeds (raw, unsalted) — 15 tbsp (6 + 9)
  - Slivered almonds — 1 cup (3/4 + 1/4)
  - Ground cinnamon — 7.5 tsp (4.5 + 3)
  - Ground turmeric — 5.25 tsp (2.25 + 3)
  - Ground cumin — 6 tsp (3 + 3)
  - Smoked paprika — 6 tsp (3 + 3)
  - Ground nutmeg — ~1 tsp (3/4 + pinch)
  - Ground ginger — ~2.25 tsp (3/4 + 1.5)
  - Sea salt — ~6 tsp + to taste
  - Black pepper, freshly ground — ~3 tsp + to taste
  - Vanilla extract — 9 tsp (6 + 3)
  - Chili flakes — 1.5 tsp (3/4 + 3/4, optional)
  - Dried oregano — 3 tsp
  - Dried basil — 3 tsp (if not using fresh)
  - Ground coriander — 3 tsp
  - Fresh thyme or dried — 2 bunches or 6 tsp dried (counted above)
  - Baking powder (gluten-free) — 3 tsp
  - Baking soda — 3/4 tsp
  - Ground cinnamon stick — 3 sticks (optional)
  - Whole cloves — 12 (optional)
  - Cayenne pepper — 3/4 tsp (optional)
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## Nuts & Nut Butters

- Almond butter — 2.5 cups (1 + 1.5)
- Walnuts, halves or chopped — 3 3/4 cups (3/4 + 3)

- Raw almonds — 2.25 cups (1.5 + 3/4)
  - Raw cashews — 1.5 cups
  - Nut butter (almond or cashew) — 3 tbsp (optional)
  - Chopped walnuts or pistachios — 1/4 cup (optional topping)
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## **Dairy & Dairy Alternatives**

- Unsweetened almond milk — ~22 cups (18 + 4)
  - Greek yogurt, plain full-fat — 10 cups (3 + 7)
  - Feta cheese, crumbled — 3/4 cup
  - Buttermilk or unsweetened almond milk (for baking) — 3 cups
  - Low-fat milk or dairy-free alternative — 3 cups
  - Grated Parmesan cheese — 1 cup
  - Shredded mozzarella or dairy-free cheese — 1.5 cups
  - Full-fat canned coconut milk — 6 cups (3 standard cans)
  - Eggs — 48 large (21 + 27)
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## **Canned & Jarred Goods**

- Chickpeas (15 oz cans) — 9 cans (6 + 3)
  - White beans (cannellini or navy, 15 oz cans) — 4 cans (3 + 1)
  - Kidney beans (15 oz cans) — 1 can
  - Diced tomatoes (14 oz cans) — 4 cans (3 + 1)
  - Tomato paste — 3 tbsp (optional)
  - Canned pumpkin puree (unsweetened) — 3 cups (about 2 cans)
  - Kalamata olives, pitted — 1.5 cups (counted in fresh/jarred)
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## **Oils, Vinegars & Sweeteners**

- Olive oil — 10 tbsp + extra for cooking
  - Extra virgin olive oil — approx. 1/3 cup + 5 tbsp (counted together about 1/2 cup)
  - Avocado oil — 4 tbsp (1 + 3) (optional)
  - Coconut oil — 3 tbsp + 3/4 cup melted (counted ~1 cup total)
  - Maple syrup — 9 tbsp + 2 1/4 cups raw honey or maple syrup (~2 1/2 cups total) (optional)
  - Honey — 9 tbsp (optional, counted above)
  - Rice vinegar — 3 tbsp
  - Tahini (sesame seed paste) — 15 tbsp (9 + 6)
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## **Proteins & Specialty**

- Firm or extra-firm tofu (14 oz blocks) — 3 blocks
  - White miso paste — 6 tbsp
  - Low-sodium soy sauce or tamari — 3 tbsp
  - Sesame seeds — ~3 tbsp (for garnish)
  - Chicken breast or thighs (skinless, boneless) — 3 lbs
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## **Spices & Flavorings (see above in grains & spices)**

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## **Other Ingredients**

- Spirulina powder — 3 tsp (optional)
  - Ice cubes — as needed (optional)
  - Freshly squeezed orange juice — 3 cups (or from fresh oranges counted above)
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## **Chocolate**

- Mini dark chocolate chips (70% cacao or higher) — 3/4 cup
- Dark chocolate chunks or chips (70% cocoa or higher) — 1 1/2 cups