

## **Fruits & Vegetables:**

- 3 ripe avocados
- 1 small cucumber (peeled and chopped)
- 1 small apple (preferably Fuji or Gala)
- 1/2 medium-sized apple
- 1/2 cup fresh spinach (packed)
- 2 cups fresh spinach (chopped)
- 1/2 cup chopped fresh spinach
- 1/2 cup fresh kale (chopped)
- 1/4 cup diced red bell pepper
- 1/4 cup diced green bell pepper
- 1/4 cup chopped mushrooms
- 2 tablespoons diced red onion
- 1 tablespoon fresh parsley (chopped)
- 1/4 cup fresh parsley (chopped)
- 1/4 cup fresh cilantro (chopped)
- 1 medium zucchini
- 1 medium eggplant
- 1 red bell pepper (chopped)
- 1 small sweet potato (cubed)
- 1 cup cherry tomatoes (halved)
- 1/4 cup red onion (finely chopped)
- 1 medium tomato (sliced)
- 6 large butter lettuce leaves (or Romaine leaves)
- 1 small onion (chopped)
- 1 large onion (chopped)
- 2 garlic cloves (minced)
- 1/2 inch piece fresh ginger (peeled and grated)
- 1 tablespoon lemon juice (freshly squeezed)
- 2 teaspoons lemon zest

## **Grains & Oats:**

- 1/2 cup rolled oats
- 1/2 cup quinoa (rinsed)
- 1 cup quinoa (rinsed)
- 1 cup buckwheat groats
- 1 cup whole wheat flour
- 1 large whole-grain wrap (or gluten-free wrap)
- 2 slices whole grain bread (high-fiber, such as sprouted grain)
- 1 tablespoon chia seeds
- 2 tablespoons ground flaxseeds

## **Legumes & Beans:**

- 1 can (15 oz) chickpeas (drained and rinsed)
- 1 can (15 oz) black beans (drained and rinsed)
- 1 can (5 oz) tuna in water (drained)

### **Dairy & Dairy Alternatives:**

- 1/4 cup unsweetened Greek yogurt
- 1 cup plain Greek yogurt (unsweetened)
- 1/4 cup low-fat cottage cheese
- 1 cup unsweetened almond milk
- 1/2 cup unsweetened almond milk (or plant-based milk of choice)
- 1 tablespoon unsweetened almond butter
- 2 tablespoons natural peanut butter (unsweetened and unsalted)

### **Nuts & Seeds:**

- 1/4 cup almonds (sliced or chopped)
- 1/4 cup walnuts (roughly chopped)
- 1 tablespoon walnuts (roughly chopped)
- 1 tablespoon sliced almonds
- 1 tablespoon pumpkin seeds
- 1 tablespoon sunflower seeds
- 1 tablespoon raw walnuts or flaxseeds
- 2 tablespoons raw almonds

### **Condiments & Oils:**

- 2 tablespoons olive oil (extra virgin)
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon tahini
- 1 tablespoon nutritional yeast
- 1 tablespoon maple syrup (optional, for sweetness)
- 1 teaspoon honey (optional, for a touch of sweetness)

### **Spices & Seasonings:**

- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground paprika
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/4 teaspoon sea salt
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon turmeric

- Red pepper flakes (optional)

### **Other:**

- 1 teaspoon vanilla extract (optional)
- 2 large eggs
- 6 large egg whites
- 1 block (14 oz) firm tofu (drained and crumbled)
- Ice cubes (optional)
- 1 tablespoon shredded coconut (optional)
- 1 tablespoon ground flaxseed (optional)

### **Protein & Seafood:**

- 1 lb large shrimp, peeled and deveined
- 4 salmon fillets (preferably wild-caught)
- 2 cod fillets (about 6 oz each)

### **Vegetables (Additional):**

- 1 onion, thinly sliced
- 1 bell pepper, sliced (any color)
- 2 medium carrots, peeled and cut into sticks
- 2 ripe bananas (peeled and sliced into rounds)
- 1 cup fresh spinach leaves (packed)
- 1/2 cup frozen pineapple chunks
- 1/4 cup fresh cilantro or parsley, chopped
- 1 cup mixed berries (blueberries, strawberries, raspberries, or blackberries)
- 1 cup seedless grapes (red or green)

### **Dairy & Dairy Alternatives (Additional):**

- 1/2 cup full-fat coconut milk (preferably canned)
- 1 cup plain Greek yogurt (preferably low-fat or non-fat)
- 1/2 cup plain Greek yogurt (or dairy-free yogurt if preferred)
- 1 cup unsweetened almond milk (for smoothies)
- 1/2 cup unsweetened almond milk (for smoothies)

### **Nuts, Seeds & Grains (Additional):**

- 1 cup mixed nuts (almonds, walnuts, and cashews – unsalted and raw)
- 1 tablespoon flaxseeds (for smoothies)
- 1/2 cup raw almonds, chopped
- 1 cup raw pumpkin seeds
- 1/4 cup sunflower seeds
- 1 tablespoon flaxseeds

- 1/4 cup chia seeds
- 2 tablespoons almond butter (unsweetened, preferably raw or roasted)
- 1 tablespoon almond butter (smooth, unsweetened)
- 1/4 cup unsweetened shredded coconut (optional)
- 2 tablespoons dark chocolate chips (optional, for a sweet touch)
- 2 tablespoons raw cacao powder

### **Sweeteners & Flavorings:**

- 1 tablespoon lime juice (freshly squeezed)
- 1 tablespoon rice vinegar
- 1 tablespoon coconut oil (helps the chocolate set)
- 1 tablespoon sesame oil

### **Condiments & Sauces:**

- 1 tablespoon coconut aminos (or low-sodium soy sauce)
- 1 teaspoon garlic powder
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon red wine vinegar

### **Spices & Herbs (Additional):**

- 1 teaspoon ground ginger (or 1 tablespoon fresh grated ginger)
- 1/2 teaspoon chili flakes (optional, for a touch of heat)
- Salt and pepper, to taste
- 1 teaspoon fresh grated ginger
- 1 tablespoon fresh green onions, chopped (for garnish)
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon black pepper (important for turmeric absorption)
- Fresh mint leaves (optional, for garnish)

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This list combines all your items into one, categorized for convenience.