

PRODUCE				
Qty	Item	Meal	Store	Notes
6X	Avocado	B E F	TJ's	Okay to buy conventional
2X	Bagged Greens	E	TJ's	
3X	Bell Pepper	C E F	TJ's	Buy ORGANIC
12 oz	Bok Choy	C	TJ's	
5 c	Brussel Sprouts	A	TJ's	
8 oz	Carrots - Julienned	E	TJ's	
1 c	Cherry Tomatoes	B	TJ's	
1 bunch	Collard Greens	D	TJ's	Buy ORGANIC; Sub: Southern Greens Blend
1X	Lemons	D	TJ's	
1 package	Lettuce - Romaine hearts	F	TJ's	
2X	Lime	F	TJ's	
2X	Onions	B D F	TJ's	Okay to buy conventional
2X	Scallions (Green Onions)	C	TJ's	Less than 1 package; Freeze unused
2X	Zucchini	B	TJ's	

MEAT & FISH				
Qty	Item	Meal	Store	Notes
3.5 lb	Chicken, Thighs BLSL	C E	TJ's	No Antibiotics or Organic
1.5 lb	Cod Fish Filets	B	TJ's	Sub: Rockfish or Catfish
1.5 lb	Ground Turkey	F	TJ's	No Antibiotics or Organic
8 links	Sausage, Breakfast Chicken	D	TJ's	No Antibiotics; Applegate is a great brand
6 slices	Turkey Bacon	A	TJ's	No Antibiotics; Need 1X Package

PANTRY				
Qty	Item	Meal	Store	Notes
2 tsp	Black Pepper	A B D F	TJ's	
2 tbsps	Blackened Seasoning - Old Bay	B E	Amazon	Sub: TJ's 21 Seasoning Salute
1/2 can	Coconut Milk (Can)	D	TJ's	
1/2 can	Fire Roasted Tomatoes	F	TJ's	Freeze the other half
Dash	Paprika	A	TJ's	Optional
2 tsp	Red Chili Flakes	B C F	TJ's	
8 tbsps	Salad Dressing - Red Wine	E	TJ's	Make your own with our recipe.
8 tbsps	Salsa - Tomatillo	F	TJ's	
1 tsp	Sea Salt	A B D	TJ's	
8 tbsps	Thai Peanut Sauce	C	Amazon	San-J is a great brand
3 tbsps	TJ's Taco Seasoning	F	TJ's	Also sold on Amazon

DAIRY & EGGS				
Qty	Item	Meal	Store	Notes
3 sticks	Butter	A B C D E F	TJ's	No rBGH/rBST; Kerrygold or Organic Valley Pasture Butter are great brands
1 dozen	Eggs, Whole	A	TJ's	Buy organic and cage-free if your budget allows.

SEEDS & NUTS				
Qty	Item	Meal	Store	Notes
1/2 c	Peanuts (Unsalted)	C	TJ's	Optional
1 c	Pumpkin Seeds	B E	TJ's	

GRAPEFRUIT: [Avoid if you are on any of these drugs.](#)

REMEMBER: Read every nutrition label! Avoid sugar, HFCS, partially hydrogenated anything, and things that end in -ose .

DIRTY DOZEN: [Buy ORGANIC if on this list.](#)