your shopping list

To use this: either print out this PDF and cross off items as you shop. Or copy and paste the ingredient list to your app or notes of choice. This way, you can edit the list, taking into account what you already have.

🥦 PRODUCE
- ☐ Mint - 1 bunch
- ☐ Dill - 1 bunch
- ☐ Cilantro - 1 bunch
- ☐ Avocado - 1 each
- ☐ Red Onion - 0.5 each
- ☐ English Cucumber - 1 each
- ☐ Banana Peppers - 0.5 cups
- ☐ Lemons - 4 each
- ☐ Oranges - 2 each
- ☐ Baby Carrots - 10 each or 2 full size
- ☐ Fresh Ginger - 1 count
- ☐ Frozen or fresh mango - 1 cup + additional for topping if desired

🧀 DAIRY & EGGS
- ☐ Herb Goat Cheese - 8 ounces
- ☐ Plain low-fat Greek yogurt or dairy free alt - 2 cups
- ☐ Soy milk or milk or choice - 1 cups

🥖 BAKERY
- ☐ Dark Chocolate Chips - 2 tablespoons

🧊 FROZEN FOODS
- ☐ Petite Peas - 8 ounces

🌶️ SPICES & SEASONINGS
- ☐ Salt - 1 tsp
- ☐ Cayenne Pepper - 0.5 tsp
- ☐ Turmeric - 1 tsp

🥫 PANTRY
- ☐ Cooked Quinoa - 2 cups
- ☐ Pistachios - 0.67 cups
- ☐ Golden Raisins - 0.67 cups
- ☐ Chickpeas - 30 ounces
- ☐ Olive Oil - 0.25 cups
- ☐ Honey - 1.25 cups
- ☐ Peanut Butter - 1 cups
- ☐ Oat Flour - 1 cups
- ☐ Rice Cereal - 1 cups
- ☐ Vanilla Extract or paste - 1 teaspoon + 2tbsp
- ☐ Chia seeds - 0.25 cups

🥤 BEVERAGES
- ☐ Water - 1 cups
- ☐ Coconut Water - 12 oz

OTHER
- ☐ Vanilla Whey Protein Powder or plant based alt- 2 servings

NOTES

🥭 swap half of the yogurt in the chia seed pudding for frozen or fresh mango and double the soy milk. Blend the mixture together then stir in chia seeds! Skip the topping for storage too or swap with fresh mango for this version!

🥑 Leave the avocado out of the green goddess salad for better long term storage

what we're prepping

- ⭐ **High-Protein Green Goddess Salad**
- ⭐ **Immunity Shots**
- ⭐ **Peanut Butter Protein Balls**
- ⭐ **Greek Yogurt Mango Chia Seed Pudding**

💁 **click on each recipe title in bold to view the recipe**

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🔎 **be sure to check the recipe page for substitution options**