

Always Hungry?

Supplemental Materials

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Appendix 1

SHOPPING LISTS

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SHOPPING LIST: PREP PHASE, NONPERISHABLES

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	WEEK USED
Nuts, Seeds & Nut Butters <i>Buy more of your favorites for roasted nut snacks.</i>				
	½ cup		Almonds, slivered (for Phase 2—can buy now or for Phase 2 shopping)	3
	1 small jar		Almond butter (no added sugar), or substitute peanut butter	1, 2
	2 to 3 cups		Cashews, raw, unsalted	1, 2
	1 to 2 cups		Peanuts, raw, unsalted	1, 2, 3
	1 jar		Peanut butter (no added sugar)	1, 2, 3
	1 to 2 cups		Pecans, raw, unsalted	2, 3
	1 cup		Pumpkin seeds	1
	¼ cup		Sesame seeds, brown, hulled	1
	1 small jar		Tahini (sesame butter)	1
	2 cups		Nuts of your choice, for Trail Mix	1
	2 tablespoons		Walnuts, raw, unsalted	1
Dried Herbs and Spices				
	1 jar		Bay leaves	2, 3
	1 jar		Black pepper, ground	1, 2, 3
	1 jar		Black pepper, whole peppercorns with a grinder	1, 2, 3
	1 small jar		Cardamom, ground	1, 3
	1 small jar		Cayenne pepper, ground	1, 2, 3
	1 small jar		Chili powder (combination of red chile powder, cumin, oregano, or other spices)	1, 2, 3
	1 small jar		Chipotle powder	2
	1 small jar		Cinnamon, ground	1, 2, 3
	1 small jar		Cumin, ground	1, 2, 3
	1 small jar		Curry powder	2
	1 small jar		Italian seasoning (dried Italian herb mix)	1, 2
	1 small jar		Garlic powder	2, 3
	1 small jar		Nutmeg, ground or with a grinder	1, 2, 3
	1 small jar		Oregano, Mexican (if not available, use regular oregano)	1

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	WEEK USED
	1 small jar		Paprika	1
	1 small jar		Powdered mild red chile (optional)	1, 2, 3
	1 small jar		Red repper flakes (optional)	2
	1 can		Salt (sea salt preferred)	1, 2, 3
	1 small jar		Thyme	3
Miscellaneous or Specialty Products				
	1 box		Baking soda	1, 2
	About 1½ to 2 pounds		Dark chocolate bar (70% minimum cocoa content)	1, 2, 3
	1 cup		Red wine (for cooking Lamb Shanks—Day 14)	2
	1 small bag		Garbanzo flour or garbanzo-fava flour (Bob's Red Mill or other brand)	1, 2, 3
	Package of 15 to 20 bags		Green Bags (to store leafy vegetables—Debbie Meyer or Evert Fresh brands work well—follow directions on the package)	1, 2, 3
	1 small jar		Vanilla extract, pure (no added sugar)	1, 2, 3
	½ cup		Coconut, shredded	1
	1 small tub		Sweet white miso or other mellow miso	1, 3
	1 can		100% whey protein or 100% egg white protein powder (no added sugar or artificial ingredients)	1, 2, 3
	1 box		Chai bags (herbal, if you prefer no caffeine after dinner—like Celestial Seasonings Bengal Spice or other dessert-like tea)	2, 3
Oils, Vinegars, Etc.				
	1 to 2 large bottles		Extra-virgin olive oil	1, 2, 3
	1 small bottle		Flax oil (usually in the refrigerated section: if not available, substitute extra-virgin olive oil)	1, 3
	1 to 2 large bottles		Neutral oil, such as high-oleic safflower or avocado oil	1, 2, 3
	1 small bottle		Soy sauce or wheat-free tamari	1, 2, 3
	1 small bottle		Sesame oil, toasted	1, 3
	1 small bottle		Vinegar, apple cider (may substitute white wine vinegar)	2

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	WEEK USED
	1 small bottle		Vinegar, red wine (may substitute white wine vinegar)	2
	1 small bottle		Vinegar, unseasoned rice	1, 2, 3
	1 small bottle		Vinegar, white wine (1 large bottle needed if using in place of other vinegars)	1, 2, 3
Dry Legumes				
	1 cup		Lentils, red (green or brown, if red are unavailable)	3
Dry Goods and Canned Goods				
	4 cans		Beans, black, 15-ounce can	1, 2, 3
	2 cans		Beans, cannellini or great northern, 15-ounce can	1
	5 cans		Beans, garbanzo (chickpeas), 15-ounce can	1, 2, 3
	1 can		Beans, pinto, 15-ounce can	1
	2 cans		Beans, kidney, 15-ounce can	2, 3
	2 cans		Coconut milk, unsweetened (not "lite"), 14-ounce can	2
	1 small jar		Dill pickles (no added sugar)	2
	$\frac{3}{4}$ cup		Kalamata, Greek, or other olives, pitted	2
	2 jars (about 5 cups)		Marinara sauce (no added sugar)	1, 3
	1 can		Mild green chiles, 4-ounce can	1
	1 small jar		Mustard, Dijon or brown	2
	1 small jar		Salsa (optional, for Taco Salad)	1
	5 cans		Tomatoes, diced, 14.5-ounce can	2, 3
	2 cans		Tomatoes, diced fire roasted (or substitute regular diced), 14.5-ounce can	1
	2 cans		Tomato paste, 6-ounce can	1, 2
Supplements (optional)				
			Vitamin D ₃	
			Probiotics	
			Fish oil (source of omega-3 fat, purified)	

SHOPPING LIST: PHASE 1, PREP DAY AND DAYS 1 THROUGH 3

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
Proteins			Vegetarian Version	
	2 pounds		Chicken thighs (skin on, bone in)	2 pounds tempeh (soybean only) or extra-firm tofu
	½ pound		Deli meat, sliced turkey or other, for snacks	Vegetarian cold cuts
	6		Eggs (large, omega-3)	
	4 ounces (optional)		Fish, canned sardines (skin on, bone in)	
	4 ounces		Fish, smoked salmon slices	4 ounces tempeh (soybean only) or extra-firm tofu
	About ¾ pound		Fish, white-fleshed (cod, hake, haddock, or other) <i>Buy fresh a day before cooking or buy frozen and thaw in refrigerator the night before.</i>	¾ pound tempeh (soybean only) or extra-firm tofu
	18 ounces		Steak, tenderloin, flat-iron, skirt, or other favorite	1 pound tempeh (soybean only)
	1 tub		Tofu, extra firm, 14- to 16-ounce tub	
Dairy or Dairy Alternatives			Vegetarian Version	
	⅔ cup		Almond milk, plain, unsweetened (substitute soy milk or whole milk)	
	2 ounces		Blue cheese, mild, crumbled	
	½ cup (about 2 ounces)		Cheddar cheese, shredded	
	2 tablespoons		Cream cheese	
	¾ cup		Heavy cream	Canned coconut milk
	6 ounces		Mozzarella, fresh	
	6 tablespoons		Sour cream	
	1 cup		Soy milk, plain, unsweetened, or substitute whole milk	
	1⅓ cups		Yogurt, plain, unsweetened, whole-milk Greek	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Produce Fruit			
	1 to 2 medium		Apples, pears, or peaches
	6 cups (about 2 pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other non-tropical, seasonal fruit
	2 cups (about 1 pound)		Grapes
	4		Lemons
	1		Lime
	1		Pear (for the shake—ripe pears are best; may substitute 1 cup frozen berries)
	2		Tangerines, oranges, clementines, or mandarins
Produce Vegetables and Herbs Use <i>Green Bags</i> from <i>Miscellaneous list</i> to store leafy vegetables.			
	2		Avocados
	1		Anaheim, poblano, or other mild to medium chile pepper
	1		Bell pepper, yellow
	1 small head (about 2 cups)		Broccoli
	2 cups		Carrots, shredded (1 medium carrot yields about ½ cup shredded)
	3 to 4 small		Carrots
	1 medium head		Cauliflower
	4 to 5 stalks		Celery
	1 bunch		Cilantro, fresh
	1 medium		Cucumber
	1 bunch		Dill, fresh (preferred; substitute dried if fresh is not available)
	1 to 2 heads		Garlic
	2-inch piece		Ginger, fresh
	2 to 4		Jalapeño peppers
	1 bunch or bag (about 4 cups)		Kale, bunch, or chopped in bag

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
	1 to 2 heads		Lettuce, endive or romaine hearts, for snacks
	10 cups (about 2 heads)		Lettuce, romaine, for salads
	1 small, 1 medium, 1 large		Onions, yellow
	1 bunch		Parsley, fresh
	1		Scallion or chive, fresh
	2 small, 2 medium		Tomatoes
Frozen Foods			
	1 cup		Blueberries or other favorite berries, frozen

SHOPPING LIST: PHASE 1, DAYS 4 THROUGH 6

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Proteins			Vegetarian Version
	1½ pounds		Beef, ground, 90% lean 1 pound tempeh (soybean only)
	1½ pounds		Chicken thighs (skinless, boneless) 1 (14- to 16-ounce) tub extra-firm tofu plus 1½ to 2 cups shelled edamame
	½ pound		Deli meat, sliced turkey or other, for snacks Vegetarian cold cuts
	7		Eggs (large, omega-3)
	6 ounces		Fish, smoked salmon slices Tempeh or extra-firm tofu
	1 tub		Tofu, extra firm, 14- to 16-ounce tub
	2 slices (about 2 ounces)		Turkey bacon Tempeh or vegetarian cold cuts
Dairy or Dairy Alternatives			Vegetarian Version
	2 tablespoons		Butter (optional, for Shepherd's Pie topping; may substitute extra-virgin olive oil)

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
	1½ cups (about 5 ounces)		Cheddar cheese, shredded	
	2 ounces		Cheddar or cheese of your choice, for breakfast with smoked salmon	
	1 ounce		Feta cheese	
	6 tablespoons		Heavy cream	Canned coconut milk
	1 cup		Mozzarella, shredded	
	¼ cup		Parmesan cheese, grated	
	1 cup		Ricotta cheese	
	¼ cup		Soy milk, plain, unsweetened, or substitute whole milk	
	1¾ cups		Yogurt, plain, unsweetened, whole-milk Greek	
Produce Fruit				
	2 small		Apples, pears, or peaches	
	8 cups (about 2⅔ pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other non-tropical, seasonal fruit	
	1		Lime	
	2		Tangerines, oranges, clementines, or mandarins	
Produce Vegetables and Herbs Use Green Bags from Miscellaneous list to store leafy vegetables				
	1 bunch		Basil, fresh (preferred; substitute dried, if fresh is not available)	
	3		Bell peppers, red or orange (or substitute other raw vegetable), for salad and Cheesy Pinto Bean snack	
	1 small head		Broccoli	
	2 cups		Cabbage, shredded or whole (1 pound head yields about 4 cups shredded)	
	3 cups		Carrots, shredded (1 medium carrot yields about ½ cup shredded)	
	1 medium head		Cauliflower	
	3 medium, 2 small		Cucumbers	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
	1 medium (about 1 pound)		Eggplant
	1 medium bulb		Fennel (or 4 small carrots, if fresh fennel is unavailable)
	2 cloves		Garlic
	8 leaves		Lettuce, any large-leaf variety, for Lettuce Wraps
	8 leaves		Lettuce, endive or romaine hearts, for snacks
	4 cups		Lettuce, mixed greens, for salads
	12 ounces		Mushrooms, shiitake, cremini/baby bella, or white button, sliced
	1 large		Onion, yellow
	¾ pound		Snap peas or snow peas
	5 cups (about 5 ounces)		Spinach, prewashed or baby spinach leaves
	2 small, 2 medium		Tomatoes
	1 large		Zucchini
Frozen Foods			
	3 cups		Blueberries or other favorite berries, frozen

SHOPPING LIST: PHASE 1, DAYS 7 THROUGH 10

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Proteins			Vegetarian Version
	1¼ pounds		Beef, ground, 90% lean 1 pound tempeh (soybean only)
	1½ pounds		Chicken thighs (skinless, boneless) 1½ (14- to 16-ounce) tubs extra-firm tofu
	8		Eggs (large, omega-3)
	1 can		Fish, canned sockeye or red salmon, 7.5-ounce can ½ (14- to 16-ounce) tub extra-firm tofu

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
	¾ pound		Fish, white-fleshed (cod, hake, haddock, or other) <i>Buy fresh a day before cooking or buy frozen and thaw in refrigerator the night before.</i>	1½ (14- to 16-ounce) tubs extra-firm tofu
	1½ pounds (weight with shell and tail, no head)		Shrimp	1½ (14- to 16-ounce) tubs extra-firm tofu
	1 pound		Tempeh (soybean only)	
	2 slices (about 2 ounces)		Turkey bacon	Tempeh or vegetarian cold cuts
Dairy or Dairy Alternatives				Vegetarian Version
	⅔ cup		Almond milk, plain, unsweetened, or substitute soy milk or whole milk	
	½ cup (about 2 ounces)		Cheddar cheese, shredded	
	2 ounces		Cheese of your choice, for snack	
	10 ounces		Feta cheese	
	6 tablespoons		Heavy cream	Canned coconut milk
	¼ cup		Parmesan cheese, grated	
	¼ cup		Soy milk, plain, unsweetened, or substitute whole milk	
	2⅔ cups		Yogurt, plain, unsweetened, whole-milk Greek	
Produce Fruit				
	7 small		Apples	
	8 cups (about 2⅔ pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other non-tropical, seasonal fruit	
	½		Lemon	
	1 to 2		Limes	
	1		Pear (for the shake—ripe pears are best; may substitute 1 cup frozen berries)	
	8 small or 2 to 3 large		Tangerines, oranges, clementines, or mandarins	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Produce Vegetables and Herbs Use Green Bags from the Miscellaneous list to store leafy vegetables.			
	½		Avocado
	A few leaves		Basil, fresh
	2		Bell peppers, red or orange
	8 cups (about 2 pounds)		Cabbage, shredded or whole (1 pound head yields about 4 cups shredded)
	2¼ cups		Carrots, shredded (1 medium carrot yields about ½ cup shredded)
	5 medium		Carrots
	1 stalk		Celery
	½ cup (packed)		Cilantro, fresh
	1 small		Cucumber
	2 heads		Garlic
	2 to 3 inch piece		Ginger, fresh
	½ pound		Green beans
	1 to 2 bunches (about 5 cups)		Kale, bunch or chopped in bag (or other green vegetable)
	1 head		Lettuce, any large-leaf variety, for Lettuce Wraps
	1 small		Onion, red
	3 medium		Onions, yellow
	3 to 4 sprigs		Parsley, fresh
	1 or 2		Scallions
	about 1¼ pound		Snap peas or snow peas
	3 cups (about 3 ounces)		Spinach, prewashed or baby spinach leaves
	3 small		Tomatoes
	1 small		Zucchini
Frozen Foods			
	1 cup		Blueberries or other favorite berries, frozen

SHOPPING LIST: PHASE 1, DAYS 11 THROUGH 14

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
Proteins			Vegetarian Version	
	1½ pounds		Chicken thighs (skinless, boneless)	1½ (14- to 16-ounce) tubs extra-firm tofu
	12 ounces		Deli meat, sliced turkey or other, for snacks	Vegetarian cold cuts
	4 shanks (about 2½ pounds)		Lamb shanks	1½ pounds tempeh (soybean only)
	9		Eggs (large, omega-3)	
	1¼ pounds		Fish, salmon (fresh)	1 (14- to 16-ounce) tub extra-firm tofu
	½ tub		Tofu, extra firm, 14- to 16-ounce tub	
	4 slices (about 4 ounces)		Turkey bacon	Tempeh or vegetarian cold cuts
Dairy or Dairy Alternatives			Vegetarian Version	
	⅔ cup		Almond milk, plain, unsweetened, or substitute soy milk or whole milk	
	2 ounces		Blue or Roquefort cheese, crumbled	
	10 tablespoons (about 2½ ounces)		Cheddar cheese, shredded	
	2 ounces		Cheese of your choice, for snack	
	¾ cup		Heavy cream	Canned coconut milk
	1 ounce		Feta cheese	
	6 tablespoons		Sour cream	
	¼ cup		Soy milk, plain, unsweetened, or substitute whole milk	
	1¾ cup		Yogurt, plain, unsweetened, whole-milk Greek	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Produce Fruit			
	4 small		Apples
	5 cups (about 1½ pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other non-tropical, seasonal fruit
	1		Lemon
	1		Lime
	1		Pear (for the shake—ripe pears are best; may substitute 1 cup frozen berries)
	4 small or 2 large		Tangerines, oranges, clementines, or mandarins
Produce Vegetables and Herbs Use Green Bags from Miscellaneous list to store leafy vegetables.			
	2½		Avocados or substitute premade package of guacamole
	3 to 4 cups		Arugula or spring salad greens
	1 small head (about 2 cups)		Broccoli
	½ bunch		Beet greens, chard, or other leafy greens of your choice
	1 cup		Carrots, shredded (1 medium carrot yields about ½ cup shredded)
	1 small		Carrot or other raw vegetable, for crudité
	½ medium head		Cauliflower
	1 stalk		Celery or other raw vegetable, for crudité
	¼ cup (packed)		Cilantro, fresh
	1 small, 2 medium		Cucumbers
	3 to 4 cloves		Garlic
	1 bunch (about 4 to 5 cups)		Kale or other green vegetable
	8 leaves		Lettuce, any large-leaf variety, for Lettuce Wraps
	8 leaves		Lettuce, endive or romaine hearts, for snacks
	4 cups (about 1 head)		Lettuce, romaine or mixed greens, for salads
	2 medium		Onions, yellow

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
	2 tablespoons (packed)		Parsley, fresh
	1 to 2 cups		Sprouts, any type, for Lettuce Wraps
	5 cups		Spinach
	2 medium		Sweet potatoes
	1 medium, 1 large		Tomato or other raw vegetable, for crudité
	2 large		Zucchini
Frozen Foods			
	1 cup		Edamame, shelled
	4 cups		Blueberries or other favorite berries, frozen

SHOPPING LIST: PHASE 2, DAYS 1 THROUGH 3

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Proteins			Vegetarian Version
	1¾ pounds		Chicken thighs (skinless, boneless)
	4		Eggs (large, omega-3)
	12 ounces (weight with shell and tail, no head)		Shrimp
	½ tub		Tofu, extra firm, 14- to 16-ounce tub
	1 pound		Tempeh (soybean only)
Dairy or Dairy Alternatives			Vegetarian Version
	6 table- spoons (about 1½ ounces)		Cheddar cheese, shredded
	2¼ cups		Soy milk, plain, unsweetened, or substitute whole milk

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
	2⅔ cups		Yogurt, plain, unsweetened, whole-milk Greek
Produce Fruit			
	2		Bananas (ripe bananas are best for shake—buy now and allow to ripen for Day 4)
	7 cups (about 2 pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other not tropical, seasonal fruit
	4		Figs, dried
	½		Lemon
	½		Lime
	2 medium		Pears
	1 pound		Strawberries
Produce Vegetables and Herbs <i>Use Green Bags from Miscellaneous list to store leafy vegetables.</i>			
	2¼		Avocados
	15 to 20 spears		Asparagus
	1 medium		Carrot
	½ cup		Carrots, shredded (1 medium carrot yields about ½ cup shredded)
	2 stalks		Celery
	1 bunch		Cilantro, fresh
	1 to 2 heads		Garlic
	4-inch piece		Ginger, fresh
	1 bunch (about 4 cups)		Kale bunch or chopped in bag, or other green vegetable
	2 to 3 cups (about ½ head)		Lettuce, romaine or mixed greens, for salad
	1 medium, 1 small		Onions, yellow
	1 bunch		Parsley
	1 medium, 1 large		Tomatoes
	1 large		Zucchini

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Frozen Foods			
	1 small bag		Corn kernels, frozen
Grains, Miscellaneous, or Specialty Products			
	1 small jar		Honey
	½ cup		Cracked wheat bulgur wheat
	1½ cups		Quinoa, dry
	½ cup		Steel-cut oats, dry
	¼ cup		Slivered almonds or other nuts, for oats
	⅓ cup		Millet, dry
	1 small jar		Balsamic vinegar
	1 large jar		Extra-virgin olive oil
	1 large jar		Neutral oil, such as high-oleic safflower or avocado oil

SHOPPING LIST: PHASE 2, DAYS 4 THROUGH 7

*The meal plan is designed to serve two. Adjust amounts according to your needs.

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
Proteins			Vegetarian Version
	1 pound		Beef, chuck or other stew meat 1 (14- to 16-ounce) tub extra-firm tofu
	1½ pounds		Chicken thighs (skinless, boneless) 1½ (14- to 16-ounce) tubs extra-firm tofu
	8		Eggs (large, omega-3)
	18 ounces		Fish, salmon (fresh) 1 (14- to 16-ounce) tub extra-firm tofu or 1 pound tempeh (soybean only)
	10 to 20 ounces		Fish, white-fleshed fillets (cod, hake, haddock, or other) <i>For Sunday dinner—may choose to buy fresh a day before cooking or buy frozen and thaw in refrigerator the night before (choose larger portion if making enough for leftovers).</i> ½ to 1 pound tempeh (soybean only) or 1 (14- to 16-ounce) tub extra-firm tofu

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM	
	2 slices (about 2 ounces)		Turkey bacon	Tempeh or vegetarian cold cuts
Dairy or Dairy Alternatives				Vegetarian Version
	2 cups		Almond milk, plain, unsweetened, or substitute soy milk or whole milk	
	½ cup (about 2 ounces)		Cheddar cheese, shredded	
	2 tablespoons		Sour cream	
	2 tablespoons		Soy milk, plain, unsweetened, or substitute whole milk	
	1¼ cups		Yogurt, plain, unsweetened, whole-milk Greek	
Produce Fruit				
	1		Apple, pear, or peach	
	5 cups (about 1½ pounds)		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other non-tropical, seasonal fruit	
	2 tablespoons		Cranberries, dried	
	1 tablespoon		Currants, dried, or substitute raisins	
	1		Lemon	
	2		Pears	
	½ pound		Strawberries	
	2		Tangerines	
Produce Vegetables and Herbs Use <i>Green Bags</i> from <i>Miscellaneous list</i> to store leafy vegetables.				
	½		Avocado	
	1		Bell pepper, red or orange	
	1 head		Broccoli	
	2 cups		Cabbage, shredded or whole (1 pound head yields about 4 cups shredded)	
	1¼ cups		Carrots, shredded (1 medium carrot yields about ½ cup shredded)	

QUANTITY YOU NEED*	QUANTITY TO SERVE 2	HAVE IT ✓	ITEM
	1 small		Carrot
	2 stalks		Celery
	1 large bunch		Chard
	¼ cup		Cilantro, chives, or scallions, fresh
	½ to 1 bunch (about 3 cups)		Kale, bunch or chopped in bag
	8 leaves		Lettuce, any large-leaf variety, for Lettuce Wraps
	4 ounces		Mushrooms, shiitake, cremini/baby bella, or white button, sliced
	1 medium		Onion, yellow
	¼ cup		Parsley
	1 sprig		Rosemary, fresh (preferred; substitute dried if fresh is not available)
	2 or 3		Scallions
	5 to 6 cups		Spinach, prewashed or baby spinach leaves
	1 small		Squash, butternut, buttercup, or kabocha (small but heavy squashes are sweetest)
	½ pound		Snap peas or snow peas
	2 medium		Sweet potatoes
	5 medium		Tomatoes
	1 small		Zucchini
Frozen Foods			
	⅔ cup		Corn kernels, frozen
Grains, Miscellaneous, or Specialty Products			
	½ cup		Barley or brown rice, for Beef, Bean and Barley Stew
	2 cups		Brown rice
	¾ cup		Slivered almonds, pecans or other nuts, for Pear Strawberry Crisp
	1 small jar		Maple syrup, pure

SHOPPING LIST TEMPLATE: NONPERISHABLES

QUANTITY YOU NEED	HAVE IT ✓	ITEM
Nuts, Seeds & Nut Butters <i>Buy more of your favorites for roasted nut snacks.</i>		
		Almonds, slivered
		Almond butter (no added sugar) or substitute peanut butter
		Cashews, raw, unsalted
		Peanuts, raw, unsalted
		Peanut butter (no added sugar)
		Pecans, raw, unsalted
		Pumpkin seeds
		Sesame seeds, brown
		Tahini (sesame butter)
		Nuts of your choice for Trail Mix
		Walnuts, raw, unsalted
Dried Herbs and Spices		
		Bay leaves
		Black pepper, ground
		Black pepper, whole peppercorns with a grinder
		Cardamom, ground
		Cayenne pepper, ground
		Chili powder (combination of red chili powder, cumin, oregano, or other spices)
		Chipotle powder
		Cinnamon, ground
		Cumin
		Curry powder
		Italian seasoning (dried Italian herb mix)
		Garlic powder
		Nutmeg, ground or with a grinder
		Oregano, Mexican (if not available, use regular oregano)

QUANTITY YOU NEED	HAVE IT ✓	ITEM
		Paprika
		Powdered mild red chili (optional)
		Red pepper flakes (optional)
		Salt (sea salt preferred)
		Thyme
Miscellaneous or Specialty Products		
		Baking soda
		Dark chocolate bar (70% minimum cocoa content)
		Red wine (for Lamb Shanks, Day 14)
		Garbanzo flour or garbanzo-fava flour (Bob's Red Mill or other brand)
		Green Bags to store leafy vegetables (Debbie Meyer or Evert Fresh brands work well—follow directions on the package)
		Vanilla extract, pure (no added sugar)
		Shredded coconut
		Sweet white miso or other mellow miso
		100% whey or 100% egg white protein powder (no added sugar or artificial ingredients)
		Chai bags (herbal, if you prefer no caffeine after dinner—like Celestial Seasonings Bengal Spice or other dessert-like tea)
Oils, Vinegars, Etc.		
		Extra-virgin olive oil
		Flax oil (usually in the refrigerated section—if not available, substitute extra virgin olive oil)
		Neutral oil, such as high-oleic safflower or avocado oil
		Soy sauce or wheat-free tamari
		Toasted sesame oil
		Vinegar, apple cider (may substitute white wine vinegar)
		Vinegar, red wine (may substitute white wine vinegar)
		Vinegar, unseasoned rice

QUANTITY YOU NEED	HAVE IT ✓	ITEM
		Vinegar, white wine
Dry Legumes & Grains		
		Barley
		Brown rice
		Millet
		Red lentils (green or brown, if red is unavailable)
		Quinoa
Dry Goods and Canned Goods		
		Beans, black, 15-ounce can
		Beans, cannellini or great northern, 15-ounce can
		Beans, garbanzo (chickpeas) 15-ounce can
		Beans, pinto, 15-ounce can
		Beans, kidney, 15-ounce can
		Coconut milk (unsweetened, not "lite"), 14-ounce can
		Dill pickles (no added sugar)
		Kalamata, Greek, or other olives, pitted
		Marinara sauce (no added sugar)
		Mild green chiles, 4-ounce can
		Mustard, Dijon or brown
		Salsa
		Tomatoes, diced, 14.5-ounce can
		Tomatoes, diced fire roasted, or substitute regular diced, 14.5-ounce can
		Tomato paste, 6-ounce can
Supplements (optional)		
		Vitamin D ₃
		Probiotics
		Fish oil (source of omega-3 fat, purified)

SHOPPING LIST TEMPLATE: PERISHABLES

QUANTITY YOU NEED	HAVE IT ✓	ITEM	
Proteins		Vegetarian Version	
		Beef, ground, 90% lean	Tempeh (soybean only)
		Chicken thighs (skin on, bone in)	Tempeh (soybean only) or extra-firm tofu
		Chicken thighs (skinless, boneless)	Tempeh (soybean only) or extra-firm tofu
		Deli meat, sliced	Vegetarian cold cuts
		Eggs (large, omega-3)	
		Fish, canned sockeye or red salmon, 7.5-ounce can	Extra-firm tofu
		Fish, canned sardines (skin on, bone in)	Fresh mozzarella
		Fish, salmon, fresh	Tempeh (soybean only) or extra-firm tofu
		Fish, smoked salmon slices	Tempeh (soybean only) or extra-firm tofu
		Fish, white-fleshed fillets (cod, hake, haddock, or other) <i>Buy fresh a day before cooking or buy frozen and thaw in refrigera- tor the night before.</i>	Tempeh (soybean only) or extra-firm tofu
		Steak, tenderloin, flat-iron, skirt steak, or other favorite	Tempeh (soybean only)
		Lamb shanks	Tempeh (soybean only) or extra-firm tofu
		Tofu, extra firm, 14- to 16-ounce tub	
		Turkey bacon	Tempeh (soybean only) or vegetarian cold cuts
Dairy or Dairy Alternatives		Vegetarian Version	
		Almond milk, plain, unsweet- ened, or substitute soy milk or whole milk	
		Blue cheese, mild, crumbled	
		Butter	Coconut oil
		Cheddar cheese, shredded	
		Cheese of your choice, for snacks	

QUANTITY YOU NEED	HAVE IT ✓	ITEM	
		Cottage cheese	
		Cream cheese	
		Heavy cream	Canned coconut milk
		Mozzarella, fresh	
		Mozzarella, shredded	
		Parmesan cheese, grated	
		Ricotta cheese	
		Sliced Swiss or other deli cheese	
		Sour cream	
		Soy milk, plain, unsweetened, or substitute whole milk	
		Yogurt, plain, unsweetened, whole-milk Greek	
Produce Fruit			
		Apples, pears, or peaches	
		Fruit: strawberries, blueberries, raspberries, blackberries, peaches, apricots, plums, apples, pears, or any other non-tropical, seasonal fruit	
		Grapes	
		Lemons	
		Limes	
		Pears (for the shake, ripe pears are best; may substitute 1 cup frozen berries)	
		Tangerines, oranges, clementines, or mandarins	
Produce Vegetables and Herbs <i>Use Green Bags from Miscellaneous list to store leafy vegetables.</i>			
		Avocado, or substitute premade package of guacamole	
		Anaheim, poblano, or other mild to medium chile pepper	
		Arugula or spring salad greens	
		Basil leaves	
		Bell pepper, red or orange, or substitute other raw vegetable for salad	
		Bell pepper, yellow	
		Broccoli	
		Cabbage, shredded or whole	
		Carrots, shredded	

QUANTITY YOU NEED	HAVE IT ✓	ITEM
		Carrots
		Cauliflower
		Celery
		Chives, fresh
		Cilantro, fresh
		Cucumber
		Dill, fresh
		Eggplant
		Fennel, or carrot if fennel is unavailable
		Garlic
		Ginger, fresh
		Green beans, or substitute other green vegetable like kale
		Jalapeño pepper
		Kale, bunch or chopped in bag
		Lettuce, any large-leaf variety, for Lettuce Wraps
		Lettuce, endive or romaine hearts
		Lettuce, romaine or mixed greens, for salads
		Mushrooms, cremini/baby bella, shiitake, or white button, sliced
		Onion, red
		Onion, yellow
		Parsley, fresh
		Scallions
		Snap peas or snow peas
		Spinach, prewashed or baby spinach leaves
		Tomatoes
		Zucchini
Frozen Foods		
		Edamame, shelled
		Blueberries or other favorite berries, frozen