

A Shopping List For The First Week

Remember to choose fresh and organic items over processed ones wherever possible. Happy shopping and cooking!

Fresh Produce <ol style="list-style-type: none">1. Blueberries, strawberries, and other mixed berries2. Fresh Spinach3. Lemons4. Avocados5. Bell Peppers6. Broccoli7. Tomatoes8. Carrots9. Bananas10. Oranges11. Apples12. Zucchini	Protein <ol style="list-style-type: none">1. Fresh Salmon (2–3 fillets)2. Chicken Breasts (4–6 pieces)3. Tofu (2 blocks)4. Canned Tuna (2 cans)5. Eggs (1 dozen) Dairy and Alternatives <ol style="list-style-type: none">1. Greek Yogurt2. Almond Milk
Grains <ol style="list-style-type: none">1. Quinoa2. Brown Rice3. Whole Grain Bread4. Whole Grain Cereal5. Oats	Canned Goods and Pantry Items <ol style="list-style-type: none">1. Chickpeas2. Lentils3. Olives4. Black Beans
Nuts and Seeds <ol style="list-style-type: none">1. Almonds2. Walnuts3. Flaxseed4. Chia Seeds	Condiments and Spices <ol style="list-style-type: none">1. Olive Oil2. Balsamic Vinegar3. Dijon Mustard4. Turmeric5. Ginger6. Cinnamon