

SHOPPING LIST

hase 1: Reclaim		Page 1
Condiments and Oils	Amount	Check
Apple Cider Vinegar—unfiltered is preferable	6 oz.*	
Raw Dark Agave Nectar (or Raw Unfiltered Honey)	4 oz.*	
Balsamic Vinegar	2 oz.*	
Bragg All Natural Liquid Aminos®	10 oz.*	
Coconut Oil—extra virgin, unrefined is preferable	1 oz.*	
Dijon Style Mustard	1 Tbsp.	
Guacamole	1/4 cup	
Hummus	1/3 cup	
Maple Syrup—dark grade B is preferable	2 oz.*	
Mirin (Japanese cooking wine)—without corn syrup	1 oz.*	
Miso Paste (no MSG)	8 oz.*	
Olive Oil—extra virgin, cold-pressed preferable	20 oz.*	
Red Wine Vinegar	6 oz.*	
Rice Vinegar—unsweetened/no corn syrup	5 oz.*	
Salsa	1 oz.*	
Toasted Sesame Oil	6 oz.*	
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Grains, Seeds, Nuts, and Legumes	Amount	Check
Black Beans	1 15 oz. can	
Brown Rice—uncooked	24 oz.*	
Cashews	1/2 cup	
Corn Tortilla	1 6-inch	
Flax Seeds—ground	1 Tbsp.	
Green Lentils—cooked	16 oz. (2 cups)	
Millet	8 oz.*	
Oatmeal—uncooked	4 oz.	
Pine Nuts	2 oz.*	
Pumpkin Seeds—Raw Green	8 oz.*	
Quinoa	20 oz.*	
Rice Cereal—Hot	4 oz.*	
Sesame Seeds	4 oz.*	
Smokey Tempeh Strips	2 poeces	
Tempeh	1 block	
•	6 to 8 oz.*	
Various nuts/seeds—your choice (for salads)	2 oz.	
Walnuts		
Whole Grain Bread	6 slices	
Herbs and Spices	Amount	Check
Basil—fresh	1 bunch	
Chili Powder	1/8 tsp.*	
Cilantro—fresh	1 bunch	
Cinnamon	1-1/2 tsp.*	
Coriander	3/4 tsp.*	
Cumin	1-1/2 tsp.*	
Fresh Herbs—your choice (for vinaigrette dressing recipe and zucchini cashew soup recipe)	Various—your choice	
Garlic	2 heads (about 16 cloves)*	
Herbal Seasoning—your choice	2 to 3 tsp.*	
Himalayan Salt	2 to 3 oz.*	
Mint—fresh	1 bunch	
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	2 ten *	
Oregano—dried Parsley—fresh	2 tsp.* 1 bunch	



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Chicken Breast 3 oz.	hase 1: Reclaim		Page 2
Eggs 4 Salmon Fillet 6 to 8 oz. You'ts and Vegetables Amount Apple 1 small Asparagus 1 small bunch Avocado 1 Baby Carrots 10 Baby Lettuce Mix (for salads) 1 to 2 bags Baby Polatoes 3 to 5 (for 3/4 cup) Beets 1 Bluebenies 1 cup Broccoli—florets 1/2 cup Carrots—shredded (optional for salads) 10 oz. Carrots—whole 3 Corn 1/4 cup Cucumber—English 1 Cucumber—English 1 Cucumber—English 1 Cucumber—Japanese 1 Green Donion 2 Learnot (optional for salads) 1 Learnot (optional for salads)	Piary and Protein	Amount	Check
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