



### Produce

- 5 bananas
- 6 cups cubed watermelon
- 4 large cucumbers
- 12 cups cauliflower rice (fresh or frozen)
- 9 cups spinach, romaine, or other salad greens
- 4 cup cherry or grape tomatoes
- 1 red onion
- (optional) fresh mint
- 6 cloves garlic
- 2 lemons
- 1 Tbsp fresh dill
- 4 large zucchini
- 4+ ears corn on the cob
- 1 onion
- Fresh ginger
- 4 cups (16 oz) baby bella mushrooms
- (optional) green onions
- 1 lime
- 1 bag shredded carrots
- 2 avocados
- 3 heads romaine hearts
- 2 russet potatoes
- 6 cups fresh or frozen berries
- 2 cups mini bell peppers
- 5 cups sliced cucumbers or bell peppers

### Meat

- 20 slices turkey bacon
- 3 lb boneless skinless chicken breast
- 1½ lb ground chicken or turkey
- 1 lb sirloin or NY strip steak
- 1 lb salmon
- 1 lb lean ground beef

### Refrigerated | Frozen

- 20 eggs
- 7 Tbsp butter
- 1 cup feta cheese
- ½ cup hummus
- 1¼ cup plain Greek yogurt
- 1½ cup shredded cheddar cheese
- 1 cup mayo

### Pantry

- Nut butter of choice (peanut, almond, cashew, etc.)
- Quinoa
- Olive or avocado oil

- ¼ cup balsamic vinegar
- Maple syrup and/or honey
- Dijon mustard
- Rice vinegar
- 1 cup coconut aminos
- 5 Tbsp naturally sweetened ketchup
- Sesame oil
- Brown rice
- Sriracha
- Avocado oil or olive oil spray
- Yellow mustard
- (Optional) Arrowroot flour or sub cornstarch
- Coconut oil
- 1 cup Gluten free rolled oats
- ½ cup almond flour
- 1 package corn tortillas
- 1 package rice cakes
- 1 loaf GF or whole grain bread
- Popcorn kernels for air popping, or plain variety of bagged popcorn

### **Canned | Jarred**

- Kalamata olives (10 per salad)
- 1½ cups low sodium tomato sauce
- Dill pickle slices - round hamburger pickles work great + pickle juice

### **Spices**

- Everything Bagel Seasoning
- Himalayan or sea salt
- Ground black pepper
- Dried oregano
- Garlic powder
- Onion powder
- Chili powder
- Cumin
- Paprika
- Cayenne pepper
- Ground Cinnamon

### **IF drinking Shakeology, add:**

- 5 packets/ scoops of Shakeology
- 5 cups berries of choice
- 5 cups greens or frozen butternut squash

### **IF NOT drinking Shakeology, add:**

- 3¾ cups plain Greek yogurt or 5 individual yogurts
- 5 cups berries of choice
- 1 bag baby carrots

### **Other:**

- Wooden skewers
- Treat Swap ingredients