

Guidance on how to prioritize organic selections if all organic isn't an option

Broken down by grocery store section to make shopping easier

SHOPPING LIST: WEEK 1 (2 pages)		
CARBOHYDRATES	PROTEIN	FATS / SPICES / OTHER
<p><b>PRODUCE</b></p> <p>Environmental Working Groups "Dirty Dozen" indicted with suggestion to buy as (organic)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Banana (2)</li> <li><input type="checkbox"/> Apples (organic) (3)</li> <li><input type="checkbox"/> Apricots (8)</li> <li><input type="checkbox"/> Strawberries (organic) (4 cups)</li> <li><input type="checkbox"/> Mango (3)</li> <li><input type="checkbox"/> Orange (1)</li> <li><input type="checkbox"/> Fresh pineapple (2 ¼ cup)</li> <li><input type="checkbox"/> Honeydew melon (1 large)</li> <li><input type="checkbox"/> Avocado (1)</li> <li><input type="checkbox"/> Red onion (6 large)</li> <li><input type="checkbox"/> White onion (1 large)</li> <li><input type="checkbox"/> Shallot (1)</li> <li><input type="checkbox"/> Garlic (3 bulbs)</li> <li><input type="checkbox"/> New potatoes (4)</li> <li><input type="checkbox"/> Romaine lettuce (organic) (1 head)</li> <li><input type="checkbox"/> Red leaf lettuce (organic) (1 head)</li> <li><input type="checkbox"/> Watercress (2 bunches)</li> <li><input type="checkbox"/> Baby Spinach (4 ½ cups)</li> <li><input type="checkbox"/> Swiss chard (1 bunch)</li> <li><input type="checkbox"/> Dino Kale (organic) (1 bunch)</li> <li><input type="checkbox"/> Carrots (organic) (small bag)</li> <li><input type="checkbox"/> Red pepper (organic) (1)</li> <li><input type="checkbox"/> Celery (organic) (1)</li> <li><input type="checkbox"/> Cucumber (1)</li> <li><input type="checkbox"/> Tomato (1)</li> <li><input type="checkbox"/> Jalapeno pepper (2)</li> <li><input type="checkbox"/> Fresh Cilantro (2 bunches)</li> <li><input type="checkbox"/> Fresh Dill (2 bunch)</li> </ul>	<p><b>DAIRY</b></p> <p>Grass-fed (pastured) sources highly recommended</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Low-fat plain Kefir (32 oz)</li> <li><input type="checkbox"/> Eggs (1 dozen)</li> <li><input type="checkbox"/> Low-fat plain Greek yogurt (1/2 cup)</li> <li><input type="checkbox"/> Low-fat Mozzarella (2 oz)</li> <li><input type="checkbox"/> Shredded parmesan cheese (1/4 cup)</li> <li><input type="checkbox"/> Farmer's cheese (2 oz)</li> <li><input type="checkbox"/> Butter (1/4 lb – 1 stick)</li> <li><input type="checkbox"/> Fresh cream (6 oz)</li> </ul> <p><b>POULTRY</b></p> <p>Grass-fed (pastured) sources highly recommended</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lean ground turkey (2 lbs)</li> <li><input type="checkbox"/> Chicken breast (9 oz)</li> </ul> <p><b>FISH</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned tuna (5 oz)</li> </ul> <p><b>OTHER</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whey protein powder (12 oz container)</li> <li><input type="checkbox"/> Dried soy beans (1 ½ cups)</li> </ul> <p>[can be found in bulk sections or in some snack sections – Costco also carries Seapoint Farm's brand that is recommended]</p>	<p><b>NUTS</b></p> <p>Can buy larger quantities for cost-savings; store in refrigerator or freezer</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Raw walnuts ( ½ cup)</li> <li><input type="checkbox"/> Raw almonds ( ½ cup)</li> <li><input type="checkbox"/> Slivered Almonds (1 ½ cups)</li> <li><input type="checkbox"/> Flax seeds ( ½ cup)</li> <li><input type="checkbox"/> Raw Sunflower seeds ( ½ cup)</li> </ul> <p><b>OILS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Olive oil – extra virgin cold-pressed ( 8 oz )</li> <li><input type="checkbox"/> Avocado oil – cold-pressed (6 oz)</li> <li><input type="checkbox"/> Sunflower oil – expeller-pressed (6 oz)</li> <li><input type="checkbox"/> Light Safflower Mayo (Hain's Lite)</li> </ul> <p><b>SPICES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sea salt</li> <li><input type="checkbox"/> Italian Seasoning</li> <li><input type="checkbox"/> Cumin</li> <li><input type="checkbox"/> Chili powder</li> <li><input type="checkbox"/> Dried parsley</li> <li><input type="checkbox"/> Stevia (nutritional supplements aisle)</li> </ul> <p><b>PACKAGED GOODS/ BULK</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dried Apricots (24- 1 package)</li> <li><input type="checkbox"/> Raisins (small pkg)</li> <li><input type="checkbox"/> Dried cubed pineapple (small pkg)</li> <li><input type="checkbox"/> Artichoke hearts (in water) (3 cans)</li> <li><input type="checkbox"/> Cannellini beans (5 cups)</li> <li><input type="checkbox"/> Northern Beans (8 cups)</li> <li><input type="checkbox"/> Stewed tomatoes (6 oz can)</li> <li><input type="checkbox"/> Chicken broth (10c )</li> <li><input type="checkbox"/> Oat bran (1/2 cup)</li> <li><input type="checkbox"/> Wheat germ (1/4 cup)</li> </ul> <p>*home-made dry beans can be substituted for any canned item.</p>

Sorted by Proteins, Carbs & Fats to help educate on sources of macronutrients

Preferred types specified next to product so you have it when you need it - at the grocery store

Suggestions for where to find not as common ingredients

<p><b>GRAINS</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Slow cook oatmeal (1 cup)</li><li><input type="checkbox"/> Wasa Sourdough Crisps [found by crackers-high shelves]</li><li><input type="checkbox"/> Ezekiel bread (1 loaf)</li><li><input type="checkbox"/> Ezekiel Sprouted English Muffins (1 pkg)</li><li><input type="checkbox"/> Ezekiel Sprouted 6" tortillas (1 pkg) ["Fat Flush" brand are also sprouted]</li></ul> <p>[All Ezekiel or sprouted products may be in refrigerator section]</p> <p><b>FROZEN FOODS</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Blueberries (Wild) (3 ½ cups)</li><li><input type="checkbox"/> Peas (2 cups)</li></ul>		<p><b>HOUSEHOLD PRODUCTS:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/></li><li><input type="checkbox"/></li><li><input type="checkbox"/></li></ul>
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