



# PHASE 3 SHOPPING LIST

## FRUITS AND VEGETABLES

|                              | Amount  | Check                    |
|------------------------------|---|--------------------------|
| Apple, green, medium         | 7 each (2 lb. 13 oz. / 1,274 g)               | <input type="checkbox"/> |
| Asparagus, medium            | 2 bunches                                     | <input type="checkbox"/> |
| Avocado, medium              | For women<br>2 each (14.2 oz. / 402 g)        | <input type="checkbox"/> |
|                              | For men<br>3 each (21.3 oz. / 603 g)          | <input type="checkbox"/> |
| Beet, medium                 | 2 each (5.8 oz. / 164 g)                      | <input type="checkbox"/> |
| Blackberries                 | 2 pints                                       | <input type="checkbox"/> |
| Blueberries                  | For women<br>1 pint                           | <input type="checkbox"/> |
|                              | For men<br>2 pints                            | <input type="checkbox"/> |
| Bok choy, medium bunch       | 1 bunch                                       | <input type="checkbox"/> |
| Broccoli, large bunch        | 2 each (3 lb. / 1,363 g)                      | <input type="checkbox"/> |
| Carrots, medium              | 9 each (1 lb. 3 oz. / 549 g)                  | <input type="checkbox"/> |
| Cauliflower, medium head     | 1 each (3 lb. / 1,363 g)                      | <input type="checkbox"/> |
| Celery, medium bunch         | 1 bunch                                       | <input type="checkbox"/> |
| Cilantro, bunch              | 1 bunch                                       | <input type="checkbox"/> |
| Collard greens, bunch        | 1 bunch                                       | <input type="checkbox"/> |
| Cucumber, medium             | 4 each (1 lb. 12 oz. / 804 g)                 | <input type="checkbox"/> |
| Edamame, fresh or frozen     | 1 pkg. or box                                 | <input type="checkbox"/> |
| Fennel bulb, large           | 1 each (1 lb. / 454 g)                        | <input type="checkbox"/> |
| Ginger root, fresh           | 1 each (4 oz. / 114 g)                        | <input type="checkbox"/> |
| Green beans, fresh or frozen | 10 oz. (284 g)                                | <input type="checkbox"/> |
| Green onions, bunch          | 1 bunch                                       | <input type="checkbox"/> |
| Honeydew melon, medium       | For women<br>2 melons (4 lb. 6 oz. / 2,000 g) | <input type="checkbox"/> |
|                              | For men<br>3 melons (6 lb. 9 oz. / 3,000 g)   | <input type="checkbox"/> |
| Jalapeño, small              | 1 each (½ oz. / 14 g)                         | <input type="checkbox"/> |
| Jicama, medium               | 1 each (1 lb. 7 oz. / 659 g)                  | <input type="checkbox"/> |
| Kale, medium bunch           | 1 bunch                                       | <input type="checkbox"/> |
| Lemons, fresh                | 4 each (9.9 oz. / 280 g)                      | <input type="checkbox"/> |



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|----------------------------|-------------------------------|--------------------------|
| Lettuce, baby salad greens | 3 5-oz. (15 oz. / 426 g) bags | <input type="checkbox"/> |
| Limes, fresh               | 4 each (9.4 oz. / 268 g)      | <input type="checkbox"/> |
| Napa cabbage, medium head  | 1 each (1 lb. 7 oz. / 650 g)  | <input type="checkbox"/> |
| Onion, medium              | 2 each (7.8 oz. / 220 g)      | <input type="checkbox"/> |
| Onion, red, medium         | 1 each (4.5 oz. / 128 g)      | <input type="checkbox"/> |
| Parsley, fresh, bunch      | 1 bunch                       | <input type="checkbox"/> |
| Peach, medium              | 6 each (1 lb. 15 oz. / 880 g) | <input type="checkbox"/> |
| Pear, medium               | 5 each (1 lb. 15 oz. / 880 g) | <input type="checkbox"/> |
| Raspberries                | For women<br>1 pint           | <input type="checkbox"/> |
|                            | For men<br>2 pints            | <input type="checkbox"/> |
| Red bell pepper, medium    | 3 each (12.6 oz. / 357 g)     | <input type="checkbox"/> |
| Spinach, raw               | 1 10-oz. (284 g) bag          | <input type="checkbox"/> |
| Sprouts, alfalfa           | 1 box (2 oz. / 56 g)          | <input type="checkbox"/> |
| Squash, delicata, small    | 1 each (14 oz. / 400 g)       | <input type="checkbox"/> |
| Sweet potato, medium       | 2 each (9.4 oz. / 266 g)      | <input type="checkbox"/> |
| Tomato, medium             | 2 each (8.7 oz. / 246 g)      | <input type="checkbox"/> |
| Tomatoes, cherry           | 1 cup (or 1 basket)           | <input type="checkbox"/> |
| Zucchini, medium           | 1 each (6.9 oz. / 196 g)      | <input type="checkbox"/> |

## GRAINS, NUTS, AND SEEDS

|                      | Amount        | Check                    |
|----------------------|---------------|--------------------------|
| Pumpkin seeds, raw** | 9 oz. (256 g) | <input type="checkbox"/> |

## MISC.

|                                      | Amount                 | Check                    |
|--------------------------------------|------------------------|--------------------------|
| Coconut milk, canned                 | 1 13-oz. (369 ml.) can | <input type="checkbox"/> |
| Seaweed, arame                       | 1 1.76-oz. (50 g) pkg. | <input type="checkbox"/> |
| Seaweed, wakame, dried               | 1 2-oz. (56 g) pkg.    | <input type="checkbox"/> |
| Vegetable broth, low-sodium, organic | 4 fl. oz. (114 ml.)    | <input type="checkbox"/> |

\*Make sure you look at snack options (including Shakeology) for the week, and add your snacks to your grocery list.

\*\*Can be bought in bulk in some grocery stores or specialty markets.