



*week 4*

*TRANSFORMATION  
PROGRAM  
shopping  
list*

# SHOPPING LIST WEEK 4

GRAINS & GF PASTA	VEGGIES	NON-DAIRY	SEASONINGS, CONDIMENTS, SWEETENERS	MEAT, POULTRY & FISH
Quinoa Brown Rice GF Oatmeal GF Granola GF Macaroni Pasta  <b>BEANS:</b> Lentils Chickpeas Black Beans  <b>SEEDS &amp; NUTS:</b> Chia Flax Seed, ground Sesame Seeds Pumpkin Seeds Almond Meal Walnuts  <b>PROTEIN POWDER:</b> Vanilla  <b>BREAD/WRAPS:</b> Brown Rice Wraps	Romaine Lettuce Avocados Sauerkraut Kimchee Tomato Sprouts Kale Red Bell Peppers Spinach Parsley, fresh Carrots Radishes Cauliflower Broccoli Shallot Onion Mixed Greens Cherry Tomatoes Grape Tomatoes Cucumbers Red Onion Scallions Cilantro Cabbage Black Olives Zucchini  <b>FRUIT:</b> Blueberries Currants, dried Bananas Goji Berries Lemons & Limes Raisins	Hemp, Almond, Oat, or Rice Milk, Unsweetened Coconut Milk Coconut Water Vanilla Coconut Yogurt Vegan Parmesan  <b>NUT &amp; SEED BUTTERS:</b> Almond Butter Tahini Sunflower Seed Butter  <b>DAIRY:</b> Eggs	Coconut Sugar Raw Honey Stevia Coconut Nectar Cinnamon Himalayan Pink or Celtic Sea Salt Coconut Oil Olive Oil Sunflower Oil Chipotle Powder Vanilla Extract Dijon Mustard Black Pepper Apple Cider Vinegar Sherry Vinegar Turmeric Garlic Powder Raw Garlic Smoked Paprika Kelp Sprinkles Cumin Red Wine Vinegar Cardamom Powder Thyme, fresh Thai Red Curry Paste Ground Ginger Ground Mustard Seed Salsa	Coho Salmon Tuna, canned Boneless Chicken Breast Ground Beef Deli Meats Ground Chicken, Turkey, or Beef