

transformTOGETHER

Shopping List

What to buy	Where we get it
MEAT	
Organic Eggs	Trader joes, wholefoods, local health food stores, large chain grocery stores
Liquid Egg whites (cage free, free range, organic if possible)	TJ, WF, Local stores, Chain Groceries
Pre-cooked, Free range, skinless & boneless Chicken breasts	Trader Joes (or other)
Raw, Free range, skinless & boneless Chicken breasts	TJ, WF, Local stores, Chain Groceries
Wild Alaskan Salmon, Tuna and/or Sardines (canned)	TJ, WF, Local stores, Farmers Markets
Grass-fed Beef [Rib-eye, filet, sirloin, flank steaks] (grass-fed before organic if you need to choose)	WF, Local Stores, <i>some</i> chain stores, farmers markets, US Wellness meats, American Farmers Network
Wild Fish such as: Halibut, Cod, Rockfish, Sea bass, Tuna	WF, Local Stores, <i>some</i> chain stores, farmers markets
VEGGIES	
Organic Carrots / baby carrots	TJ, WF, Local stores, Chain Groceries
Salad greens (spinach, kale, chard, spring mix, arugula, etc)	TJ, WF, Local stores, Chain Groceries
Organic Cucumbers	TJ, WF, Local stores, Chain Groceries
Frozen Organic Broccoli	TJ, WF, Local stores, Chain Groceries
Organic Cauliflower	TJ, WF, Local stores, Chain Groceries
Organic Red Cabbage	TJ, WF, Local stores, Chain Groceries
Sauerkraut w/ Pickled persian cucumbers	Trader Joes
Organic Sweet Potatoes	TJ, WF, Local stores, Chain Groceries
NUTS	
Raw Almonds	TJ, WF, Local stores, Chain Groceries
Organic Creamy Peanut butter (or Almond/cashew)	TJ, WF, Local stores, Chain Groceries
Organic Raw Walnuts	TJ, WF, Local stores, Chain Groceries
Pistachio nuts (optional for recipes)	TJ, WF, Local stores, Chain Groceries

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ALLOWABLE GRAINS

Organic Gluten Free Oatmeal (steel cut or rolled)	TJ, WF, local stores
Organic Tricolor Quinoa	TJ, WF, Local stores, Chain Groceries
Organic Basmati Rice	TJ, WF, Local stores, Chain Groceries
Organic Brown Rice Pasta (or Rice & Quinoa)	TJ, WF, Local stores, Chain Groceries
Organic Brown Rice Cakes	TJ, WF, Local stores, Chain Groceries
Organic Zucchini	TJ, WF, Local stores, Chain Groceries

FRUIT

Pineapple Tidbits	Trader Joes
Seedless Watermelon	TJ, WF, Local stores, Chain Groceries
Red or Pink Grapefruit (white is yucky)	TJ, WF, Local stores, Chain Groceries
Organic Bananas	TJ, WF, Local stores, Chain Groceries
Organic Lemons	TJ, WF, Local stores, Chain Groceries

Herbs & Spices

Fresh or dried - Basil, Thyme, Mint, Parsley	TJ, WF, Local stores, Chain Groceries
Sea Salt, Cinnamon, Turmeric, Cayenne Pepper, Cumin.	TJ, WF, Local stores, Chain Groceries
Organic Fresh Ginger, Garlic & Shallots	TJ, WF, Local stores, Chain Groceries

Condiments

Olive Tapenade	TJ, WF, Local stores, Chain Groceries
Yellow & Red Peppers in Jar	TJ, WF, Local stores, Chain Groceries
Roasted Garlic Salsa	Trader Joes
Organic Virgin Coconut Oil	TJ, WF, Local stores, Chain Groceries
Organic Balsamic Vinegar	TJ, WF, Local stores, Chain Groceries
Organic Apple Cider Vinegar	TJ, WF, Local stores, Chain Groceries
Organic White Wine Vinegar	TJ, WF, Local stores, Chain Groceries