



PHASE 2 SHOPPING LIST

FRUITS AND VEGETABLES		
	Amount	Check
Apple, green, medium	2 each (12.8 oz. / 364 g)	<input type="checkbox"/>
Asparagus, medium	1 bunch	<input type="checkbox"/>
Avocado, medium	For women 2 each (14.2 oz. / 402 g)	<input type="checkbox"/>
	For men 3 each (21.3 oz. / 603 g)	<input type="checkbox"/>
Basil, fresh	1 bunch (or box)	<input type="checkbox"/>
Beet, medium	3 each (8.7 oz. / 246 g)	<input type="checkbox"/>
Blackberries	1 pint	<input type="checkbox"/>
Blueberries	1 pint	<input type="checkbox"/>
Broccoli florets	1 bag	<input type="checkbox"/>
Carrots, medium	5 each (10.7 oz. / 305 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"/>
Corn kernels, fresh or frozen	1 10-oz. (284 g) bag	<input type="checkbox"/>
Cucumber, medium	5 each (2 lb. 3 oz. / 1,005 g)	<input type="checkbox"/>
Edamame, fresh or frozen	1 package (or box)	<input type="checkbox"/>
Ginger root, fresh	1 each (4 oz. / 114 g)	<input type="checkbox"/>
Green beans, fresh or frozen	8 oz. (227 g)	<input type="checkbox"/>
Green onions, bunch	1 bunch	<input type="checkbox"/>
Herbs, fresh, bunch	1 bunch	<input type="checkbox"/>
Honeydew melon, medium	2 melons (4 lb. 6 oz. / 2,000 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"/>
Kiwifruit, medium	3 each (9 oz. / 258 g)	<input type="checkbox"/>
Lemons, fresh	6 each (14.8 oz. / 420 g)	<input type="checkbox"/>



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	Amount	Check
Lettuce, baby salad greens	3 5-oz. bags (15 oz. / 426 g)	<input type="checkbox"/>
Lettuce, romaine, medium head	1 each (1 lb. 6 oz. / 626 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"/>
Parsley, Italian, bunch	1 bunch	<input type="checkbox"/>
Peach, medium	5 each (1 lb. 10 oz. / 750 g)	<input type="checkbox"/>
Pear, medium	2 each (12.5 oz. / 356 g)	<input type="checkbox"/>
Raspberries	½ pint	<input type="checkbox"/>
Red bell pepper, medium	4 each (1 lb. 1 oz. / 476 g)	<input type="checkbox"/>
Shallot, medium	1 each (¾ oz. / 20 g)	<input type="checkbox"/>
Spinach, raw	1 10-oz. (284 g) bag	<input type="checkbox"/>
Sprouts, alfalfa	1 box (2.5 oz. / 71 g)	<input type="checkbox"/>
Squash, kabocha, medium	1 each (8.7 oz. / 245 g)	<input type="checkbox"/>
Sweet potato, medium	2 each (9.4 oz. / 266 g)	<input type="checkbox"/>
Swiss chard, chopped	1 10-oz. (284 g) bag	<input type="checkbox"/>
Tomato, medium	4 each (1 lb. 2 oz. / 492 g)	<input type="checkbox"/>
Tomatoes, cherry	1 cup (or 1 basket)	<input type="checkbox"/>
Zucchini, medium	2 each (13.8 oz. / 392 g)	<input type="checkbox"/>

GRAINS, NUTS, AND SEEDS		
	Amount	Check
Almonds, raw, slivered**	1 oz. (28 g)	<input type="checkbox"/>
Millet**	For women 7 oz. (199 g)	<input type="checkbox"/>
	For men 9 oz. (256 g)	<input type="checkbox"/>
Pumpkin seeds, raw**	9 oz. (256 g)	<input type="checkbox"/>
Sesame seeds**	2 oz. (56 g)	<input type="checkbox"/>



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MISC.		
	Amount	Check
Chickpeas (garbanzo beans), canned	1 14-oz. (397 g) can	<input type="checkbox"/>
Coconut milk, unsweetened, canned	1 13-oz. (369 ml.) can	<input type="checkbox"/>
Kalamata olives	1 6-oz. (170 g) jar	<input type="checkbox"/>
Pinto beans, canned	1 14-oz. (397 g) can	<input type="checkbox"/>
Seaweed, nori, sheets	1 4.5 oz. (128 g) pkg.	<input type="checkbox"/>
Seaweed, wakame, dried	1 2-oz. (56 g) pkg.	<input type="checkbox"/>
Tahini paste	1 16-oz. (454 g) jar	<input type="checkbox"/>
Vegetable broth, low-sodium, organic	1 6 fl. oz. (454 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.