



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 2 each (14.2 oz. / 402 g)	<input type="checkbox"/>
	For men 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 1 pint	<input type="checkbox"/>
	For men 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 2 melons (4 lb. 6 oz. / 2,000 g)	<input type="checkbox"/>
	For men 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 1 pint	<input type="checkbox"/>
	For men 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.