

ALINA READ

Week-by-Week Shopping Lists

*Organized to follow the full 60-Day Meal
Plan*

Companion resource for **DASH Diet Cookbook
for Seniors**

How to use these lists: Quantities are approximate totals from the recipes scheduled in each period, counting each recipe each time it appears. Most recipes serve 2. Check your pantry first, adjust for household size and appetite, and buy fresh foods in practical quantities for local package sizes. Recipe alternatives marked “or” are not added as extra purchases.

Week 1 - Start Simple

Prep focus: Wash and chop a few vegetables, cook one grain, and prepare one make-ahead breakfast so the first week feels easy.

Fresh Produce

- ☐ Apple - 1
- ☐ Avocado - 2 1/2
- ☐ Banana - 2
- ☐ Basil - 1 tbsp
- ☐ Beet - 2
- ☐ Bell pepper - 1 cup + 2
- ☐ Brussels sprouts - 1 lb
- ☐ Carrot - 1/4 cup
- ☐ Carrots - 1/4 cup
- ☐ Cauliflower - 1
- ☐ Cherry tomato - 1 cup
- ☐ Cilantro - for garnish
- ☐ Corn - 1/2 cup
- ☐ Cucumber - 1
- ☐ Dill - 1 tbsp
- ☐ Eggplant - 1
- ☐ Garlic clove - 7
- ☐ Ginger - 1 tsp
- ☐ Kiwi - 2
- ☐ Lemon - 3
- ☐ Lemon juice - 1/4 cup
- ☐ Lemon wedges - for serving
- ☐ Lemon zest - 1 tbsp
- ☐ Mashed potato - 1/2 cup
- ☐ Mini sweet pepper - 8
- ☐ Mint - 2 tbsp
- ☐ Onion - 1/2 cup + 1 1/2
- ☐ Orange - 1
- ☐ Parsley - 7 tbsp
- ☐ Pear - 1/4 cup
- ☐ Peas - 1/4 cup
- ☐ Red onion - 1/4 cup + 1/4
- ☐ Rosemary - 1 tbsp
- ☐ Spinach - 5 3/4 cups
- ☐ Tomato - 1/4 cup
- ☐ Zucchini - 2

Proteins & Seafood

- ☐ Chicken breast - 2
- ☐ Chicken thigh - 4
- ☐ Cod fillet - 4
- ☐ Cod or haddock - 8 oz
- ☐ Ground turkey - 7 oz

- ☐ Shrimp - 7 oz
- ☐ Tofu - 1 cup
- ☐ Turkey breast - 4 oz

Dairy, Eggs & Alternatives

- ☐ Almond milk - 2 1/2 cups
- ☐ Crumbled feta cheese made with pasteurized milk - 1/4 cup
- ☐ Crumbled pasteurized feta cheese - 2 tbsp
- ☐ Crumbled pasteurized goat cheese - 2 tbsp
- ☐ Egg - 14
- ☐ Greek yogurt - 3 1/4 cups
- ☐ Low-sodium cottage cheese - 1/2 cup
- ☐ Mozzarella cheese - 1/2 cup
- ☐ Parmesan cheese - 5 tbsp
- ☐ Ricotta cheese - 1/2 cup
- ☐ Sharp cheddar cheese - 2 tbsp

Grains, Bread & Bakery

- ☐ Low-sugar granola - 3/4 cup
- ☐ Quinoa - 3 1/2 cups
- ☐ Rolled oats - 1 1/2 cups
- ☐ Whole-grain bread - 2
- ☐ Whole-wheat breadcrumbs - 5/8 cup
- ☐ Whole-wheat flour - 1 cup
- ☐ Whole-wheat tortilla - 2

Beans, Legumes & Prepared Staples

- ☐ Black beans - 1/2 cup
- ☐ Chickpeas - 1 can
- ☐ Edamame - 1/2 cup
- ☐ Hummus - 1/4 cup
- ☐ Lentils - 2 1/4 cups

Nuts, Seeds & Dried Fruit

- ☐ Almond - 1 tbsp
- ☐ Almond butter - 3/8 cup
- ☐ Almond flour - 1/2 cup
- ☐ Chia seeds - 7 tbsp
- ☐ Pecan - 2 tbsp
- ☐ Sesame seeds - 1 tsp
- ☐ Sunflower seeds - 2 tbsp
- ☐ Walnut - 1/4 cup

Oils, Condiments & Seasonings

- ☐ Apple cider vinegar - 1 tbsp
- ☐ Baking powder - 2 tsp
- ☐ Balsamic vinegar - 1/4 cup
- ☐ Black pepper - to taste
- ☐ Cayenne pepper - 1/4 tsp
- ☐ Cinnamon - 1 tsp
- ☐ Dried oregano - 1 tbsp
- ☐ Dried rosemary - 1 tsp
- ☐ Dried thyme - 1 tsp
- ☐ Garlic powder - 2 tsp
- ☐ Ground cumin - 1 tbsp + 1 tsp
- ☐ Ground ginger - 1/2 tsp
- ☐ Honey - 6 tbsp + 1 tsp
- ☐ Honey or maple syrup - 1 tbsp
- ☐ Italian seasoning - 1 tsp
- ☐ Maple syrup - 2 tsp

- [] **Olive oil** - 1 1/4 cups
- [] **Poppy seeds** - 1 tbsp
- [] **Red pepper flakes** - 1/2 tsp
- [] **Red wine vinegar** - 1 tbsp
- [] **Reduced-sodium soy sauce or tamari** - 2 tsp
- [] **Salt-free seasoning blend** - to taste
- [] **Salt-free za'atar seasoning** - 1 tsp
- [] **Sesame oil** - 1 tbsp
- [] **Smoked paprika** - 1 tbsp
- [] **Turmeric** - 1 tsp
- [] **Vanilla extract** - 3/4 tsp

Pantry & Other

- [] **Applesauce** - 1/4 cup
- [] **Blueberries** - 1/2 cup
- [] **Dark chocolate chips** - 3 tbsp
- [] **Kalamata olives** - 2 tbsp
- [] **Mixed berries** - 1/2 cup
- [] **Strawberries** - 1/2 cup
- [] **Vegetable broth** - 2 1/2 cups
- [] **Water** - 1 cup

Week 2 - Build the Routine

Prep focus: Make one soup or stew ahead, portion one snack, and keep washed greens ready for quick lunches.

Fresh Produce

- ☐ Apple - 3
- ☐ Arugula - 3 cups
- ☐ Avocado - 1
- ☐ Banana - 3
- ☐ Basil - 1 tbsp
- ☐ Bell pepper - 2
- ☐ Broccoli florets - 2 cups
- ☐ Carrot - 1
- ☐ Cauliflower - 1 1/2
- ☐ Cherry tomato - 3 cups
- ☐ Chives - 1 tbsp
- ☐ Cilantro - for garnish
- ☐ Cornstarch - 1 tsp
- ☐ Cucumber - 3/4 cup + 1/2
- ☐ Dill - 1 tbsp
- ☐ Garlic clove - 7
- ☐ Ginger - 2 tsp
- ☐ Kiwi - 2
- ☐ Leek - 1
- ☐ Lemon - 1
- ☐ Lemon juice - 1/3 cup
- ☐ Lemon wedges - for serving
- ☐ Lime zest - 1 tsp
- ☐ Low-sodium basil pesto - 2 tbsp
- ☐ Mango - 1/2 cup
- ☐ Mint - 1 tbsp
- ☐ Onion - 1 1/2
- ☐ Pineapple - 1/2 cup
- ☐ Potato - 2
- ☐ Red bell pepper - 1/4 cup + 1 1/2
- ☐ Red peppers - 1/2 cup
- ☐ Spinach - 2 cups
- ☐ Thyme - 1 tsp
- ☐ Zucchini - 1

Proteins & Seafood

- ☐ Chicken thigh - 6
- ☐ Salmon fillet - 2
- ☐ Shrimp - 15 oz

Dairy, Eggs & Alternatives

- ☐ Almond milk - 1 1/2 cups
- ☐ Butter - 1 tbsp
- ☐ Butternut squash - 1 cup
- ☐ Cheddar cheese - 1/3 cup
- ☐ Crumbled pasteurized feta cheese - 2 tbsp
- ☐ Crumbled pasteurized goat cheese - 2 tbsp
- ☐ Egg - 7
- ☐ Greek yogurt - 1 1/4 cups
- ☐ Low-sodium cottage cheese - 1 cup
- ☐ Milk - 1/4 cup
- ☐ Parmesan cheese - 3 tbsp
- ☐ Ricotta cheese - 1 cup

- ☐ Shaved parmesan cheese - 2 tbsp

- ☐ Yogurt - 2 cups

Grains, Bread & Bakery

- ☐ Amaranth - 1/2 cup
- ☐ Buckwheat groats - 1/2 cup
- ☐ Farro - 1 1/2 cups
- ☐ Granola - 1/4 cup
- ☐ Millet - 1/2 cup
- ☐ Quinoa - 1 cup
- ☐ Rolled oats - 2 1/4 cups
- ☐ Slices low-sodium whole-grain bread - 2
- ☐ Whole-wheat flour - 1/2 cup
- ☐ Whole-wheat pitas - 2
- ☐ Whole-wheat tortilla - 4

Beans, Legumes & Prepared Staples

- ☐ Black beans - 1 can
- ☐ Cannellini beans - 1/2 cup
- ☐ Chickpeas - 1 can
- ☐ Edamame - 1 1/2 cups
- ☐ Hummus - 1/3 cup
- ☐ Lentils - 1 cup

Nuts, Seeds & Dried Fruit

- ☐ Almond - 1/4 cup
- ☐ Almond butter - 5 tbsp
- ☐ Almond flour - 3/8 cup
- ☐ Black sesame seeds - 1/2 tsp
- ☐ Chia seeds - 1 tsp
- ☐ Coconut - 2 tbsp
- ☐ Dates - 1/4 cup
- ☐ Flaxseeds - 1 tbsp
- ☐ Hemp seeds - 1 tbsp
- ☐ Light coconut milk - 1/2 cup
- ☐ Pine nuts - 2 tbsp
- ☐ Raisins - 1/4 cup
- ☐ Walnut - 3/8 cup

Oils, Condiments & Seasonings

- ☐ Baking soda - 1/2 tsp
- ☐ Balsamic vinegar - 1 tbsp
- ☐ Black pepper - to taste
- ☐ Cinnamon - 1 1/2 tsp
- ☐ Cumin - 1/2 tsp
- ☐ Curry powder - 1 tbsp
- ☐ Dijon mustard - 2 tsp
- ☐ Dried oregano - 1 tbsp + 1 tsp
- ☐ Dried rosemary - 1 tsp
- ☐ Dried thyme - 1 tsp
- ☐ Garlic powder - 1 tsp
- ☐ Ground cardamom - 1/4 tsp
- ☐ Ground cinnamon - 1 1/2 tsp
- ☐ Ground cumin - 1 tsp
- ☐ Ground ginger - 1/4 tsp
- ☐ Honey - 8 tbsp + 1 tsp
- ☐ Maple syrup - 1 tbsp + 1 tsp
- ☐ Nutmeg - 1/4 tsp
- ☐ Olive oil - 11 tbsp
- ☐ Pumpkin spice - 1 tsp

- [] **Reduced-sodium soy sauce or tamari** - 1 tbsp + 1 tsp
- [] **Rice vinegar** - 1 tbsp
- [] **Sesame oil** - 2 tbsp
- [] **Vanilla extract** - 1/2 tsp

Pantry & Other

- [] **Applesauce** - 1/4 cup
- [] **Artichoke hearts packed in water** - 1/4 cup
- [] **Brewed chai tea** - 1/2 cup
- [] **Cherries** - 1 cup
- [] **Chicken broth** - 1 cup
- [] **Gruyère cheese** - 1/4 cup
- [] **Kalamata olives** - 1/4 cup
- [] **Mixed berries** - 1/2 cup
- [] **Pumpkin puree** - 1/4 cup
- [] **Salsa** - 1/4 cup
- [] **Vegetable broth** - 1 1/2 cups
- [] **Vegetable or chicken broth** - 2 cups
- [] **Water** - 2 1/4 cups
- [] **½ cups water** - 1

Week 3 - Make-Ahead Confidence

Prep focus: Use the refrigerator and freezer on purpose. Save second servings and label any portions you freeze.

Fresh Produce

- ☐ Apple - 4
- ☐ Avocado - 1
- ☐ Bell pepper - 1/4 cup + 1/2
- ☐ Bunch asparagus - 1
- ☐ Carrot - 1/2 cup
- ☐ Carrots - 1/2 cup + 2
- ☐ Celery - 1/4 cup
- ☐ Cherry tomato - 1 1/2 cups
- ☐ Cilantro - 1/4 cup
- ☐ Corn - 1/4 cup
- ☐ Cucumber - 3/8 cup + 1
- ☐ Dill - 3 tbsp
- ☐ Dried dill - 1 tsp
- ☐ Garlic clove - 7
- ☐ Kale - 3 1/2 cups
- ☐ Lemon - 2
- ☐ Lemon juice - 5 tbsp
- ☐ Lemon zest - 1 tsp
- ☐ Lettuce leaves - 8
- ☐ Lime zest - 1 tsp
- ☐ Mandarin orange or clementine - 1
- ☐ Mint - 1 tbsp
- ☐ Mint leaves - 1 tbsp
- ☐ Onion - 1/4 cup + 6
- ☐ Orange - 1
- ☐ Peach - 1
- ☐ Peas - 1 cup
- ☐ Plum - 1
- ☐ Pomegranate seeds - 1/4 cup
- ☐ Potato - 2
- ☐ Potatoes - 4
- ☐ Red onion - 1/4 cup
- ☐ Rosemary - 1 tbsp
- ☐ Spinach - 4 1/2 cups
- ☐ Thyme - 1 tsp
- ☐ Tomato - 1 cup + 1 can + 4
- ☐ Tomato paste - 2 tbsp

Proteins & Seafood

- ☐ Chicken breast - 2
- ☐ Cod fillet - 2
- ☐ Ground beef - 8 oz
- ☐ Pork chops - 2
- ☐ Salmon - 4 oz
- ☐ Salmon fillet - 2
- ☐ Shrimp - 1 lb

Dairy, Eggs & Alternatives

- ☐ Almond milk - 1 cup
- ☐ Butter - 1 tbsp
- ☐ Crumbled pasteurized feta cheese - 1/4 cup

- ☐ Egg - 9
- ☐ Greek yogurt - 1 1/4 cups
- ☐ Low-sodium cottage cheese - 1 cup
- ☐ Milk - 1/4 cup
- ☐ Parmesan cheese - 1 tbsp
- ☐ Sharp cheddar cheese - 1/4 cup
- ☐ Yogurt - 2 cups

Grains, Bread & Bakery

- ☐ Barley - 1 cup
- ☐ Buckwheat groats - 1/2 cup
- ☐ Farro - 1 cup
- ☐ Low-sodium whole-grain crispbreads - 4
- ☐ Oat flour - 1/4 cup
- ☐ Quick-cooking polenta - 1/2 cup
- ☐ Quinoa - 3 1/4 cups
- ☐ Rolled oats - 1 cup
- ☐ Whole-grain bread - 2
- ☐ Whole-wheat flour - 1/4 cup
- ☐ Whole-wheat tortilla - 2

Beans, Legumes & Prepared Staples

- ☐ Black beans - 1 cup
- ☐ Canned black beans - 1/2 cup
- ☐ Chickpeas - 1 can
- ☐ Edamame - 1 cup
- ☐ Green lentils - 1 cup

Nuts, Seeds & Dried Fruit

- ☐ Black sesame seeds - 1/2 tsp
- ☐ Chia seeds - 1 tbsp
- ☐ Hemp seeds - 1 tbsp
- ☐ Light coconut milk - 1 can
- ☐ Pecan - 1/4 cup
- ☐ Pistachio - 2 tbsp
- ☐ Raisins - 1/4 cup
- ☐ Sunflower seeds - 1 tbsp
- ☐ Unsulfured dried apricots - 2 tbsp
- ☐ Walnut - 7/8 cup

Oils, Condiments & Seasonings

- ☐ Baking soda - 1/2 tsp
- ☐ Black pepper - to taste
- ☐ Cardamom - 1/4 tsp
- ☐ Cayenne pepper - 1/4 tsp
- ☐ Cinnamon - 2 tsp
- ☐ Cumin - 2 tsp
- ☐ Curry powder - 1 tbsp
- ☐ Dried basil - 1 tsp
- ☐ Dried oregano - 1 tbsp
- ☐ Dried thyme - 1 tsp
- ☐ Garlic powder - 2 tsp
- ☐ Ground cardamom - 1/2 tsp
- ☐ Ground cinnamon - 1 1/2 tsp
- ☐ Ground cumin - 1/2 tsp
- ☐ Ground ginger - 1 tsp
- ☐ Honey - 5 tbsp
- ☐ Honey or agave nectar - 1 tbsp
- ☐ Maple syrup - 1 tbsp + 1 tsp
- ☐ Nutmeg - 1/2 tsp

- [] **Olive oil** - 11 tbsp
- [] **Pure maple syrup** - 1 tbsp
- [] **Salt-free seasoning blend** - to taste
- [] **Sesame oil** - 1 tbsp
- [] **Smoked paprika** - 2 tsp
- [] **Sriracha sauce** - 1 tsp

Pantry & Other

- [] **Applesauce** - 1/4 cup
- [] **Chili powder** - 1 tbsp
- [] **Kalamata olives** - 2 tbsp
- [] **Salsa** - 1/4 cup
- [] **Tuna in water** - 1 can
- [] **Vegetable broth** - 3 1/2 cups
- [] **Vegetable or chicken broth** - 2 cups
- [] **Water** - 3 cups

Week 4 - More Flavor, Less Fuss

Prep focus: Keep lemons, fresh herbs, garlic, vinegar, and your favorite salt-free spices within easy reach.

Fresh Produce

- [] Avocado - 1
- [] Banana - 4
- [] Basil - 3 tbsp
- [] Bell pepper - 3/4 cup
- [] Broccoli florets - 1 1/2 cups
- [] Carrot - 1
- [] Carrots - 1/4 cup
- [] Celery - 1 tbsp
- [] Cherry tomato - 1 1/2 cups
- [] Cucumber - 3
- [] Dill - 3 tbsp
- [] Garlic clove - 5
- [] Ginger - 2 tsp
- [] Green onions - 2 tbsp
- [] Lemon - 1
- [] Lemon juice - 3 tbsp + 1 tsp
- [] Lemon wedges - for serving
- [] Lemon zest - 1 tbsp
- [] Mango - 1/2 cup
- [] Mushrooms - 1 1/2 cups
- [] Onion - 1/4 cup + 2 1/2
- [] Orange zest - 1 tsp
- [] Parsley - 3/8 cup
- [] Pineapple - 1/2 cup
- [] Potato - 2
- [] Red bell pepper - 1/2
- [] Red onion - 1/4 cup + 1/4
- [] Spaghetti squash - 1
- [] Spinach - 1 cup
- [] Thyme - 1 tsp
- [] Zucchini - 1/2

Proteins & Seafood

- [] Chicken thigh - 6
- [] Cod fillet - 2
- [] Pork tenderloin - 1 lb
- [] Salmon fillet - 6

Dairy, Eggs & Alternatives

- [] Almond milk - 1 1/2 cups
- [] Cheddar cheese - 1/3 cup
- [] Crumbled feta cheese made with pasteurized milk - 2 tbsp
- [] Egg - 11
- [] Greek yogurt - 2 3/8 cups
- [] Low-sodium cottage cheese - 1/2 cup
- [] Mozzarella cheese - 1/4 cup
- [] Parmesan - for serving
- [] Parmesan cheese - 3/8 cup
- [] Ricotta cheese - 1/2 cup
- [] Yogurt - 1 cup

Grains, Bread & Bakery

- [] Farro - 1/3 cup
- [] Granola - 1/2 cup
- [] Millet - 1/2 cup
- [] Pearl barley - 1/2 cup
- [] Quinoa - 1 3/4 cups
- [] Rolled oats - 2 1/2 cups
- [] Whole-wheat breadcrumbs - 2 tbsp
- [] Whole-wheat flour - 1/2 cup
- [] Whole-wheat tortilla - 4

Beans, Legumes & Prepared Staples

- [] Black beans - 1 can
- [] Chickpeas - 1 cup + 2 cans
- [] Edamame - 1/2 cup
- [] Lentils - 1 cup

Nuts, Seeds & Dried Fruit

- [] Almond - 3 tbsp
- [] Almond butter - 9 tbsp
- [] Almond flour - 1/4 cup
- [] Chia seeds - 5 tbsp
- [] Coconut - 2 tbsp
- [] Dried apricots - 1/2 cup
- [] Flaxseeds - 1 tbsp
- [] Raisins - 1/4 cup
- [] Walnut - 1/4 cup

Oils, Condiments & Seasonings

- [] Baking powder - 1 tsp
- [] Balsamic vinegar - 1/4 cup
- [] Black pepper - to taste
- [] Cayenne pepper - 1/4 tsp
- [] Cinnamon - 2 tsp
- [] Cumin - 1/2 tsp
- [] Dijon mustard - 1 tbsp + 1 tsp
- [] Dried oregano - 1 tsp
- [] Ground cardamom - 1/4 tsp
- [] Ground cinnamon - 1/2 tsp
- [] Ground cumin - 2 1/2 tsp
- [] Ground ginger - 1/4 tsp
- [] Honey - 3/4 cup
- [] Honey or maple syrup - 1 tbsp
- [] Italian seasoning - 1 tsp
- [] Maple syrup - 2 tsp
- [] Nutmeg - 1/4 tsp
- [] Olive oil - 15 tbsp + 1 tsp
- [] Poppy seeds - 1 tbsp
- [] Red wine vinegar - 1 tbsp
- [] Reduced-sodium soy sauce or tamari - 1 tbsp + 1 tsp
- [] Rice vinegar - 1 tbsp
- [] Salt-free seasoning blend - to taste
- [] Sesame oil - 1 tbsp + 1 tsp
- [] Smoked paprika - 1 1/2 tsp
- [] Vanilla extract - 1 3/4 tsp

Pantry & Other

- [] Applesauce - 1/4 cup
- [] Blueberries - 1/2 cup
- [] Brewed chai tea - 1/2 cup

- [] **Chicken broth** - 2 cups
- [] **Culinary-grade dried lavender** - 1 tsp
- [] **Dark chocolate chips** - 3 tbsp
- [] **Ground coriander** - 1 tsp
- [] **Kalamata olives** - 2 tbsp
- [] **Mixed berries** - 2 cups
- [] **Salsa** - 1/4 cup
- [] **Strawberries** - 1/2 cup
- [] **Vegetable broth** - 6 cups
- [] **Water** - 2 1/4 cups

Week 5 - Balanced Variety

Prep focus: Cook one whole grain and one bean or lentil dish ahead. Reuse them without making every meal feel the same.

Fresh Produce

- [] Avocado - 3 1/2
- [] Bell pepper - 2
- [] Broccoli florets - 1 cup
- [] Carrot - 1
- [] Carrots - 1/2 cup
- [] Cherry tomato - 2 cups
- [] Chives - 1 tbsp
- [] Cilantro - for garnish
- [] Corn - 1/2 cup
- [] Cornstarch - 1 tsp
- [] Cucumber - 5/8 cup + 1/2
- [] Dill - 2 tbsp
- [] Eggplant - 1 1/2
- [] Garlic clove - 7
- [] Ginger - 1 tsp
- [] Kale - 2 cups
- [] Kiwi - 4
- [] Lemon - 2
- [] Lemon juice - 1/3 cup
- [] Lemon wedges - for serving
- [] Lemon zest - 1 tsp
- [] Low-sodium basil pesto - 2 tbsp
- [] Mandarin orange or clementine - 1
- [] Mango - 1/2 cup
- [] Mango slices - 1/2 cup
- [] Mint - 1/4 cup
- [] Mint leaves - 5 tbsp
- [] Onion - 3
- [] Orange - 1
- [] Parsley - 5 tbsp
- [] Peach - 1
- [] Pear - 1/4 cup
- [] Pineapple chunks - 1 cup
- [] Pineapple rings - 4
- [] Plum - 1
- [] Pomegranate seeds - 1/4 cup
- [] Potato - 1
- [] Red bell pepper - 2
- [] Red onion - 1/4 cup
- [] Rosemary - 1 tbsp + 1 tsp
- [] Spinach - 2 cups
- [] Zucchini - 4

Proteins & Seafood

- [] Chicken breast - 2
- [] Chicken thigh - 4
- [] Cod fillet - 2
- [] Salmon - 8 oz
- [] Shrimp - 31 oz

Dairy, Eggs & Alternatives

- [] Almond milk - 1 cup
- [] Cream cheese - 2 tbsp

- [] Crumbled pasteurized feta cheese - 2 tbsp
- [] Egg - 8
- [] Greek yogurt - 2 1/2 cups
- [] Greek yogurt mixed with 1 teaspoon lime zest - 1/2 cup
- [] Greek yogurt or unsweetened soy yogurt - 1 cup
- [] Milk - 1/4 cup
- [] Mozzarella cheese - 1/4 cup
- [] Parmesan cheese - 1/4 cup
- [] Sharp cheddar cheese - 2 tbsp

Grains, Bread & Bakery

- [] Amaranth - 1/2 cup
- [] Barley - 1 cup
- [] Buckwheat groats - 1/2 cup
- [] Farro - 1 cup
- [] Low-sugar granola - 1/2 cup
- [] Oat flour - 1/4 cup
- [] Quinoa - 2 cups
- [] Whole-grain bagel thins - 2
- [] Whole-grain bread - 6
- [] Whole-wheat breadcrumbs - 3/8 cup
- [] Whole-wheat flour - 3/4 cup
- [] Whole-wheat tortilla - 2

Beans, Legumes & Prepared Staples

- [] Black beans - 1/2 cup
- [] Canned chickpeas - 1/2 cup
- [] Chickpeas - 1 cup
- [] Hummus - 1/4 cup
- [] White beans - 1 can

Nuts, Seeds & Dried Fruit

- [] Almond - 2 tbsp
- [] Almond flour - 1/4 cup
- [] Chia seeds - 2 tbsp + 1 tsp
- [] Coconut - 3 tbsp
- [] Dried apricots - 1/2 cup
- [] Light coconut milk - 1 can
- [] Pecan - 2 tbsp
- [] Pine nuts - 2 tbsp
- [] Pistachio - 2 tbsp
- [] Raisins - 1/4 cup
- [] Sunflower seeds - 1 tbsp
- [] Unsulfured dried apricots - 2 tbsp
- [] Walnut - 1/4 cup

Oils, Condiments & Seasonings

- [] Baking powder - 1 tsp
- [] Baking soda - 1/2 tsp
- [] Balsamic vinegar - 1 tbsp
- [] Black pepper - to taste
- [] Cardamom - 1/4 tsp
- [] Cinnamon - 2 tsp
- [] Curry powder - 1 tbsp
- [] Dried oregano - 1 tsp
- [] Garlic powder - 2 tsp
- [] Ground cardamom - 1/2 tsp
- [] Ground cumin - 2 tsp
- [] Ground ginger - 1/2 tsp
- [] Honey - 7 tbsp + 1 tsp

- [] **Honey or agave nectar** - 1 tbsp
- [] **Italian seasoning** - 1 tsp
- [] **Neutral oil** - 1 tsp
- [] **Nutmeg** - 3/4 tsp
- [] **Olive oil** - 14 tbsp + 1 tsp
- [] **Red pepper flakes** - 1/2 tsp
- [] **Reduced-sodium soy sauce or tamari** - 2 tsp
- [] **Salt-free za'atar seasoning** - 1 tsp
- [] **Sesame oil** - 2 tsp
- [] **Vanilla extract** - 1/2 tsp

Pantry & Other

- [] **Applesauce** - 1/4 cup
- [] **Cherries** - 1 cup
- [] **Chicken broth** - 1 cup
- [] **Chili flakes** - 1 tsp
- [] **Ground coriander** - 1 tsp
- [] **Gruyère cheese** - 1/4 cup
- [] **Vegetable broth** - 4 cups
- [] **Water** - 1 cup
- [] **Watermelon** - 2 cups
- [] **½ cups water** - 1

Week 6 - Plant-Forward Confidence

Prep focus: Wash leafy greens, roast a tray of vegetables, and keep an easy protein option ready for days when appetite is lower.

Fresh Produce

- ☐ Apple - 3
- ☐ Avocado - 4
- ☐ Banana - 1
- ☐ Basil leaves - as needed
- ☐ Bell pepper - 1/2 cup
- ☐ Bunch asparagus - 1
- ☐ Bunch kale - 1
- ☐ Carrots - 2
- ☐ Cherry tomato - 3/4 cup
- ☐ Cilantro - for garnish
- ☐ Dried dill - 1 tsp
- ☐ Eggplant - 1/2 cup
- ☐ Garlic clove - 5
- ☐ Lemon - 2
- ☐ Lemon juice - 1 tbsp + 1 tsp
- ☐ Mango slices - 1/2 cup
- ☐ Onion - 1/2 cup + 4 1/2
- ☐ Orange - 1
- ☐ Peas - 1 cup
- ☐ Pineapple chunks - 1/2 cup
- ☐ Pineapple rings - 4
- ☐ Potato - 2
- ☐ Potatoes - 4
- ☐ Red onion - 1/4 cup
- ☐ Romaine lettuce - 1 cup
- ☐ Rosemary - 1 tbsp
- ☐ Spinach - 4 1/2 cups
- ☐ Thyme - 1 tsp
- ☐ Tomato - 1 can
- ☐ Tomato paste - 2 tbsp
- ☐ Zucchini - 1/2 cup + 2

Proteins & Seafood

- ☐ Chicken breast - 6 oz + 2
- ☐ Cod fillet - 2
- ☐ Ground beef - 8 oz
- ☐ Ground turkey - 7 oz
- ☐ Salmon fillet - 2

Dairy, Eggs & Alternatives

- ☐ Almond milk - 2 1/2 cups
- ☐ Butter - 2 tbsp
- ☐ Butternut squash - 1 cup
- ☐ Crumbled pasteurized feta cheese - 2 tbsp
- ☐ Crumbled pasteurized goat cheese - 2 tbsp
- ☐ Egg - 11
- ☐ Greek yogurt - 2 1/4 cups
- ☐ Greek yogurt mixed with 1 teaspoon lime zest - 1/2 cup
- ☐ Greek yogurt or unsweetened soy yogurt - 1 cup
- ☐ Low-sodium cottage cheese - 1/2 cup

- ☐ Milk - 1/4 cup
- ☐ Mini mozzarella balls made with pasteurized milk - 1/4 cup
- ☐ Mozzarella cheese - 1/4 cup
- ☐ Parmesan cheese - 5 tbsp
- ☐ Sharp cheddar cheese - 3/8 cup

Grains, Bread & Bakery

- ☐ Amaranth - 1/2 cup
- ☐ Brown-rice cakes - 2
- ☐ Farro - 1 1/2 cups
- ☐ Millet - 1 cup
- ☐ Quinoa - 1/2 cup
- ☐ Rolled oats - 1 1/4 cups
- ☐ Whole-grain bread - 2
- ☐ Whole-wheat breadcrumbs - 1/4 cup
- ☐ Whole-wheat tortilla - 4

Beans, Legumes & Prepared Staples

- ☐ Green lentils - 1 cup
- ☐ Lentils - 1 1/2 cups

Nuts, Seeds & Dried Fruit

- ☐ Almond - 3 tbsp
- ☐ Almond butter - 2 tbsp
- ☐ Almond flour - 2 tbsp
- ☐ Chia seeds - 7 tbsp + 2 tsp
- ☐ Coconut - 2 tbsp
- ☐ Dates - 1/4 cup
- ☐ Pecan - 2 tbsp
- ☐ Sunflower seeds - 2 tbsp

Oils, Condiments & Seasonings

- ☐ Apple cider vinegar - 1 tbsp
- ☐ Balsamic vinegar - 1 tbsp
- ☐ Black pepper - to taste
- ☐ Cinnamon - 2 1/4 tsp
- ☐ Dried basil - 1 tsp
- ☐ Dried oregano - 1 tsp
- ☐ Dried thyme - 2 tsp
- ☐ Garlic powder - 1 tbsp
- ☐ Greek yogurt mixed with 1 tablespoon lemon juice and 1 teaspoon dijon mustard - 1/4 cup
- ☐ Ground cinnamon - 1 tsp
- ☐ Ground cumin - 2 tsp
- ☐ Honey - 3 tbsp + 1 tsp
- ☐ Honey or maple syrup - 1 tbsp
- ☐ Italian seasoning - 1 tsp
- ☐ Maple syrup - 2 tsp
- ☐ Neutral oil - 1 tsp
- ☐ Nutmeg - 1/4 tsp
- ☐ Olive oil - 13 tbsp
- ☐ Red pepper flakes - 1/2 tsp
- ☐ Smoked paprika - 1 tbsp
- ☐ Vanilla extract - 2 tsp

Pantry & Other

- ☐ Balsamic glaze - 1 tbsp
- ☐ Blueberries - 1/2 cup
- ☐ Cherries - 1 cup
- ☐ Mixed berries - 2 cups

- [] **Mixed nuts** - 1/4 cup
- [] **Salsa** - 1/4 cup
- [] **Strawberries** - 1/2 cup
- [] **Vegetable broth** - 4 1/2 cups
- [] **Water** - 1 cup
- [] **½ cups water** - 1

Week 7 - Flexible, Practical Meals

Prep focus: Restock your easy staples and use planned leftovers whenever they make the day simpler.

Fresh Produce

- ☐ Apple - 2
- ☐ Arugula - 3 cups
- ☐ Avocado - 2
- ☐ Basil - 2 tbsp
- ☐ Bell pepper - 2
- ☐ Bunch kale - 2
- ☐ Carrot - 1/4 cup
- ☐ Carrots - 1/4 cup
- ☐ Cauliflower - 1/2
- ☐ Celery - 1 tbsp
- ☐ Cherry tomato - 1 1/2 cups
- ☐ Cilantro - for garnish
- ☐ Corn - 1/2 cup
- ☐ Cucumber - 3/8 cup + 2
- ☐ Dill - 3/8 cup
- ☐ Garlic clove - 6
- ☐ Kiwi - 2
- ☐ Leek - 1
- ☐ Lemon - 1
- ☐ Lemon juice - 7 tbsp + 1 tsp
- ☐ Lemon wedges - for serving
- ☐ Lemon zest - 1 tbsp
- ☐ Lime zest - 1 tsp
- ☐ Mango - 1/2 cup
- ☐ Mashed potato - 1/2 cup
- ☐ Onion - 1
- ☐ Orange zest - 1 tsp
- ☐ Parsley - 5 tbsp
- ☐ Pear - 2
- ☐ Pineapple - 1/2 cup
- ☐ Potato - 1
- ☐ Red bell pepper - 1/4 cup
- ☐ Red onion - 1/4 cup
- ☐ Red peppers - 1/2 cup
- ☐ Spinach - 2 1/4 cups
- ☐ Thyme - 2 tsp

Proteins & Seafood

- ☐ Chicken thigh - 8
- ☐ Cod or haddock - 8 oz
- ☐ Pork chops - 2
- ☐ Pork tenderloin - 1 lb
- ☐ Salmon - 4 oz
- ☐ Salmon fillet - 4
- ☐ Shrimp - 7 oz
- ☐ Turkey breast - 4 oz

Dairy, Eggs & Alternatives

- ☐ Almond milk - 1/2 cup
- ☐ Butter - 1 tbsp
- ☐ Cheddar cheese - 1/3 cup

- ☐ Crumbled pasteurized feta cheese - 2 tbsp
- ☐ Egg - 9
- ☐ Greek yogurt - 2 3/8 cups
- ☐ Mozzarella cheese - 1/4 cup
- ☐ Parmesan cheese - 2 tbsp
- ☐ Ricotta cheese - 1/2 cup
- ☐ Shaved parmesan cheese - 2 tbsp
- ☐ Yogurt - 1 cup

Grains, Bread & Bakery

- ☐ Buckwheat groats - 1/2 cup
- ☐ Low-sugar granola - 1/2 cup
- ☐ Millet - 1/2 cup
- ☐ Quinoa - 2 cups
- ☐ Slices low-sodium whole-grain bread - 2
- ☐ Whole-grain bread - 2
- ☐ Whole-wheat breadcrumbs - 2 tbsp
- ☐ Whole-wheat flour - 1/2 cup
- ☐ Whole-wheat tortilla - 6

Beans, Legumes & Prepared Staples

- ☐ Black beans - 1/2 cup + 1 can
- ☐ Cannellini beans - 1/2 cup
- ☐ Chickpeas - 1 can
- ☐ Edamame - 1 cup
- ☐ Hummus - 1/4 cup
- ☐ Lentils - 1 cup

Nuts, Seeds & Dried Fruit

- ☐ Almond flour - 1/4 cup
- ☐ Black sesame seeds - 1/2 tsp
- ☐ Chia seeds - 1 tbsp
- ☐ Coconut - 2 tbsp
- ☐ Flaxseeds - 1 tbsp
- ☐ Hemp seeds - 1 tbsp
- ☐ Walnut - 5/8 cup

Oils, Condiments & Seasonings

- ☐ Baking soda - 1/2 tsp
- ☐ Balsamic vinegar - 1/4 cup
- ☐ Black pepper - to taste
- ☐ Cinnamon - 1/2 tsp
- ☐ Cumin - 1/2 tsp
- ☐ Dijon mustard - 2 tsp
- ☐ Dried oregano - 1 tbsp
- ☐ Dried rosemary - 2 tsp
- ☐ Dried thyme - 1 tbsp + 1 tsp
- ☐ Garlic powder - 1 tbsp
- ☐ Ground cinnamon - 2 1/2 tsp
- ☐ Ground cumin - 1 tsp
- ☐ Ground ginger - 1/4 tsp
- ☐ Honey - 6 tbsp + 2 tsp
- ☐ Maple syrup - 1 tbsp + 1 tsp
- ☐ Olive oil - 17 tbsp
- ☐ Pumpkin spice - 1 tsp
- ☐ Pure maple syrup - 1 tbsp
- ☐ Sesame oil - 1 tbsp

Pantry & Other

- ☐ Applesauce - 1/4 cup
- ☐ Artichoke hearts packed in water - 1/4 cup

- [] **Kalamata olives** - 2 tbsp
- [] **Pumpkin puree** - 1/4 cup
- [] **Salsa** - 1/4 cup
- [] **Vegetable or chicken broth** - 2 cups
- [] **Water** - 2 1/4 cups

Week 8 - Make It Automatic

Prep focus: Notice which breakfasts, lunches, and dinners now feel effortless. Those are the meals worth repeating after Day 60.

Fresh Produce

- ☐ Apple - 1
- ☐ Banana - 2
- ☐ Basil - 1/4 cup
- ☐ Bell pepper - 1/4 cup
- ☐ Broccoli florets - 1 cup
- ☐ Bunch asparagus - 1
- ☐ Bunch kale - 1
- ☐ Carrot - 1
- ☐ Carrots - 2
- ☐ Chives - 1 tbsp
- ☐ Cilantro - 1/4 cup
- ☐ Corn - 1/4 cup
- ☐ Cucumber - 1/2
- ☐ Dill - 1 tbsp
- ☐ Dried dill - 1 tsp
- ☐ Eggplant - 1/2
- ☐ Garlic clove - 3
- ☐ Ginger - 1 tsp
- ☐ Kale - 1 1/2 cups
- ☐ Lemon - 2
- ☐ Lemon juice - 2 tbsp + 1 tsp
- ☐ Lemon wedges - for serving
- ☐ Lemon zest - 1 tbsp + 1 tsp
- ☐ Lime zest - 1 tsp
- ☐ Mandarin orange or clementine - 1
- ☐ Mango - 1/2 cup
- ☐ Mint leaves - 1 tbsp
- ☐ Onion - 1/4 cup + 2 1/2
- ☐ Orange - 1
- ☐ Parsley - 1 tbsp
- ☐ Peach - 1
- ☐ Pear - 2
- ☐ Peas - 1 cup
- ☐ Pineapple chunks - 1/2 cup
- ☐ Plum - 1
- ☐ Pomegranate seeds - 1/4 cup
- ☐ Potato - 1
- ☐ Potatoes - 4
- ☐ Red bell pepper - 1 1/2
- ☐ Romaine lettuce - 1 cup
- ☐ Thyme - 1 tsp
- ☐ Tomato - 4
- ☐ Tomato paste - 2 tbsp
- ☐ Zucchini - 1/2 cup + 1 1/2

Proteins & Seafood

- ☐ Chicken breast - 6 oz
- ☐ Chicken thigh - 2
- ☐ Cod fillet - 2
- ☐ Salmon fillet - 4
- ☐ Shrimp - 7 oz

Dairy, Eggs & Alternatives

- ☐ Almond milk - 2 cups
- ☐ Butter - 2 tbsp
- ☐ Egg - 9
- ☐ Greek yogurt - 2 1/2 cups
- ☐ Low-sodium cottage cheese - 1 cup
- ☐ Milk - 1/2 cup
- ☐ Parmesan - for serving
- ☐ Parmesan cheese - 2 tbsp
- ☐ Sharp cheddar cheese - 1/4 cup

Grains, Bread & Bakery

- ☐ Barley - 1 cup
- ☐ Farro - 1 1/3 cups
- ☐ Low-sodium whole-grain crispbreads - 4
- ☐ Quinoa - 3 cups
- ☐ Rolled oats - 3 cups
- ☐ Whole-wheat breadcrumbs - 2 tbsp
- ☐ Whole-wheat flour - 1/4 cup
- ☐ Whole-wheat tortilla - 6

Beans, Legumes & Prepared Staples

- ☐ Canned black beans - 1/2 cup
- ☐ Chickpeas - 1 can
- ☐ Edamame - 1 1/2 cups
- ☐ Green lentils - 1 cup
- ☐ Hummus - 1/4 cup

Nuts, Seeds & Dried Fruit

- ☐ Almond - 3 tbsp
- ☐ Almond butter - 1/4 cup
- ☐ Almond flour - 1/4 cup
- ☐ Black sesame seeds - 1/2 tsp
- ☐ Chia seeds - 5 tbsp
- ☐ Coconut - 1 tbsp
- ☐ Pecan - 1/4 cup
- ☐ Pistachio - 2 tbsp
- ☐ Raisins - 1/4 cup
- ☐ Sunflower seeds - 1 tbsp
- ☐ Unsulfured dried apricots - 2 tbsp
- ☐ Walnut - 1/2 cup

Oils, Condiments & Seasonings

- ☐ Baking powder - 1/2 tsp
- ☐ Black pepper - to taste
- ☐ Cardamom - 1/4 tsp
- ☐ Cayenne pepper - 1/4 tsp
- ☐ Cinnamon - 1 1/4 tsp
- ☐ Cumin - 1 tsp
- ☐ Dijon mustard - 2 tsp
- ☐ Dried oregano - 1 tsp
- ☐ Dried thyme - 1 tsp
- ☐ Garlic powder - 1 tbsp
- ☐ Greek yogurt mixed with 1 tablespoon lemon juice and 1 teaspoon dijon mustard - 1/4 cup
- ☐ Ground cardamom - 1/2 tsp
- ☐ Ground cinnamon - 1 tsp
- ☐ Ground cumin - 1 1/2 tsp
- ☐ Ground ginger - 1 tsp
- ☐ Honey - 9 tbsp + 2 tsp

- [] **Honey or agave nectar** - 1 tbsp
- [] **Honey or maple syrup** - 1 tbsp
- [] **Italian seasoning** - 1 tsp
- [] **Maple syrup** - 2 tsp
- [] **Olive oil** - 7 tbsp + 2 tsp
- [] **Reduced-sodium soy sauce or tamari** - 2 tsp
- [] **Rice vinegar** - 1 tbsp
- [] **Salt-free seasoning blend** - to taste
- [] **Sesame oil** - 1 tbsp + 1 tsp
- [] **Smoked paprika** - 1 tsp
- [] **Vanilla extract** - 1/2 tsp

Pantry & Other

- [] **Applesauce** - 1/4 cup
- [] **Chicken broth** - 1 cup
- [] **Dark chocolate chips** - 3 tbsp
- [] **Gruyère cheese** - 1/4 cup
- [] **Mixed berries** - 1/2 cup
- [] **Salsa** - 1/4 cup
- [] **Vegetable broth** - 5 1/2 cups
- [] **Vegetable or chicken broth** - 2 cups

Final 4 Days - Make It Your Own

Prep focus: Finish the plan by identifying three breakfasts, three lunches, and three dinners you would happily keep in your regular routine.

Fresh Produce

- ☐ Apple - 1
- ☐ Banana - 2
- ☐ Basil - 1 tbsp
- ☐ Beet - 2
- ☐ Bell pepper - 1/4 cup
- ☐ Broccoli florets - 1 cup
- ☐ Carrot - 1
- ☐ Cornstarch - 1 tsp
- ☐ Dill - 2 tbsp
- ☐ Eggplant - 1
- ☐ Garlic clove - 3
- ☐ Ginger - 1 tsp
- ☐ Kale - 2 cups
- ☐ Lemon - 2
- ☐ Lemon juice - 1 tbsp
- ☐ Lemon zest - 1 tsp
- ☐ Mint - 2 tbsp
- ☐ Onion - 1/4 cup + 1
- ☐ Orange zest - 1 tsp
- ☐ Parsley - 1 tbsp
- ☐ Red bell pepper - 1
- ☐ Rosemary - 2 tbsp + 1 tsp
- ☐ Spinach - 1 cup
- ☐ Zucchini - 1/2 cup + 2

Proteins & Seafood

- ☐ Chicken breast - 4
- ☐ Salmon fillet - 4
- ☐ Shrimp - 8 oz

Dairy, Eggs & Alternatives

- ☐ Almond milk - 1/2 cup
- ☐ Crumbled pasteurized goat cheese - 2 tbsp
- ☐ Egg - 10
- ☐ Greek yogurt - 3 1/2 cups
- ☐ Low-sodium cottage cheese - 1/2 cup
- ☐ Mozzarella cheese - 1/4 cup
- ☐ Parmesan cheese - 5 tbsp
- ☐ Ricotta cheese - 1/2 cup

Grains, Bread & Bakery

- ☐ Brown-rice cakes - 2
- ☐ Buckwheat groats - 1/2 cup
- ☐ Granola - 1/2 cup
- ☐ Low-sugar granola - 1/4 cup
- ☐ Quinoa - 1 1/2 cups
- ☐ Whole-wheat breadcrumbs - 1/4 cup
- ☐ Whole-wheat flour - 1/4 cup

Beans, Legumes & Prepared Staples

- ☐ White beans - 1 can

Nuts, Seeds & Dried Fruit

- ☐ Almond butter - 1/4 cup
- ☐ Almond flour - 1/4 cup
- ☐ Chia seeds - 1 tbsp + 1 tsp
- ☐ Hemp seeds - 1 tbsp
- ☐ Walnut - 3/8 cup

Oils, Condiments & Seasonings

- ☐ Baking powder - 1/2 tsp
- ☐ Balsamic vinegar - 2 tbsp
- ☐ Black pepper - to taste
- ☐ Cinnamon - 2 tsp
- ☐ Dijon mustard - 2 tsp
- ☐ Garlic powder - 2 tsp
- ☐ Honey - 7 tbsp + 1 tsp
- ☐ Italian seasoning - 1 tsp
- ☐ Maple syrup - 2 tsp
- ☐ Olive oil - 12 tbsp + 1 tsp
- ☐ Reduced-sodium soy sauce or tamari - 2 tsp
- ☐ Salt-free za'atar seasoning - 1 tsp
- ☐ Sesame oil - 2 tsp
- ☐ Smoked paprika - 1/2 tsp

Pantry & Other

- ☐ Applesauce - 1/4 cup
- ☐ Blueberries - 1/2 cup
- ☐ Culinary-grade dried lavender - 1 tsp
- ☐ Dark chocolate chips - 3 tbsp
- ☐ Mixed berries - 1 cup
- ☐ Mixed nuts - 1/4 cup
- ☐ Strawberries - 1/2 cup
- ☐ Vegetable broth - 4 cups
- ☐ Water - 2 cups