

WEEK 1

Shopping List



Brunch: Falafel Waffle Lemon Yogurt

Brunch: Chicken with Spicy Kale and Cannellini Beans

Dinner: Chickpea Pasta With Kale & Mushrooms

Dinner: One-pan Salmon With Chickpeas & Kale

Snack: Caprese Skewers

Dessert: Chia seed pudding

CANNED GOODS

- 2 15.5-oz cans of chickpeas
- 1 28-oz can of whole peeled San Marzano tomatoes
- 2 15.5-oz cans of cannellini beans
- 2 cups of chicken bone broth (or water)

MEAT/DAIRY

- 1 tbsp red wine vinegar
- 2 tbsp tahini
- 1 egg
- 1/2 cup Greek yogurt
- 1/4 cup grated parmesan
- 4 chicken thighs, bone-in, skin on
- 4 6-oz salmon fillets
- 1 log of fresh mozzarella
- 1 container of almond or soy milk

PRODUCE

- 1 red onion
- 2 yellow onions
- 1 large head of garlic
- 3 lemons
- 1 bunch of parsley
- 2 pints cherry tomatoes
- 1 cucumber
- 1/4 cup mint leaves
- 3 bunches of kale
- 1 sprig of rosemary
- 1 lb mixed mushrooms
- 1 shallot
- 1 small bunch of basil

PANTRY

- 1 tbsp cumin
- 2 tbsp paprika
- 1 tbsp coriander
- Kosher salt
- Black pepper
- Olive oil (11 tablespoons)
- 3/4 tsp fennel seed
- 3/4 tsp red pepper flakes
- 1/4 cup chopped walnuts
- 1/2 tsp baking powder
- 2 tbsp chickpea flour
- 1 lb chickpea pasta
- 1 small package chia seeds
- Vanilla stevia