

## Whole Foods Market 365 Meal Prep Shopping List

### **Fruit & Vegetables:**

- 5 medium sweet potato (or sub one of the sweet potatoes for 2 small red potatoes)
- 2 onions
- Garlic
- 1 red bell pepper
- 1 green bell pepper
- 1 pint open cherry tomatoes
- 1 bunch asparagus
- 1 bunch green onion
- Spinach (or greens of your choice)
- 1 package basil
- 2 packages pre-made zucchini noodles
- Raspberries
- Grapes
- Cut watermelon
- 2lb bag of plums

### **Refrigerated Items:**

- Siete mild nacho cashew queso
- Whole Foods Market 365 guacamole
- Whole Foods Market 365 grab and go items

### **Meat, Poultry, Seafood & Eggs:**

- 2 dozen eggs
- 4 lbs lean ground beef
- 2 Whole Foods Market 365 rotisserie chickens
- 2 x Love the Wild Seafood Kits (salsa verde trout, red pepper striped bass, or coconut curry salmon)

### **Pantry:**

- Coconut oil or ghee
- Olive oil
- Sun dried tomatoes
- 1 – 28oz. can 365 crushed tomatoes
- 1 can 365 full-fat canned coconut milk
- 1 can 365 tomato sauce
- Pine nuts
- Hot Sauce
- Siete Sal Y Limon grain-free tortilla chips
- Siete Chipotle Hot Sauce

### **Spices & Herbs:**

- Garlic powder
- Chili powder
- Cumin
- Onion powder
- Paprika
- Cayenne pepper
- Italian seasoning
- Sea salt
- Black pepper