

Spices and Herbs (fresh and Dried)*Note: Where optional is indicated you can omit from recipes and just use more cinnamon*

All Spice	1 Container
Basil	1 Container, 1 bunch
Black Pepper	1 Container
Cardamom	1 Container
Cayenne	1 Container
Celery Seed	1 Container
Chipotle in Adobo sauce or Sriracha sauce	1 Jar
Cinnamon	1 Container
Cloves	1 Container
Coriander	1 Container
Cumin	1 Container
Ginger – Fresh	5-6 inches
Garlic	17 Cloves (3 Bulbs)
Italian herb blend	1 Container
Nutmeg	1 Container
Oregano	1 Container
Rosemary	1 Container
Sage	1 Container
Thyme	1 Container
Turmeric	1 Container
Vanilla Extract	1 Bottle

Nuts and Seeds – MUST be RAW and UNSALTED

Almonds	1 Package
Chia Seeds	1 Package
Flaxseeds	1 Package
Pumpkin Seeds	1 Package
Sunflower seeds	1 Package

Fruit and Vegetables

Apples	2 Apples
Avocado	2 Avocados
Blue Berries	1-1 ½ cups for women, 3 cups for men
Lemon or organic lemon juice	2 Lemons/1 Jar for dressing, more (to taste) for water
Pears	1-2 Pears for Women, 2 for Men
Beets	1 Bunch Beets
Broccoli	16 cups (8 heads) for Women, 17 cups (9 heads) for Men

Carrots	8 Pounds
Kale	24 Bunches for Women, 26 Bunches for Men (If Vegetarian, add 1 Bunch)
Lemongrass **Optional	1 Stalk
Lettuce – Any safe lettuce on updated menu	2 Packages
Onion (yellow or white)	5 Large Onions
Onion (red)	2 Large
Orange Zest **Optional	1 Organic orange
Raisins	½ cup
Shitake mushrooms **Optional	4 Large
Zucchini	8 Medium to Large for Women, 10 for Men

Meat and Dairy Products	
Butter or Avocado Oil (If dairy-free)	1 Pound or 1 bottle
Chicken or Brown Lentils (If Vegetarian)	2-3oz Women; 4oz Men 1 Package Lentils

Miscellaneous	
Agave or Honey	1 Bottle
Basmati rice	1 Package
Brown Sugar	1 tsp
Coconut Milk - Full fat	3 Cans
Extra Virgin Olive Oil (EVOO)	1 Bottle
Peppermint tea (organic)	1 Carton
Silk Coconut Beverage or Rice Dream	1 Carton