

# 4-MINUTE FIX

## Grocery Shopping List



**Meredith Shirk, CPT**

# Breakfast SHOPPINGLIST

## PROTEIN

- 18 organic eggs
- 3 cups organic egg whites

## VEGETABLES

- 2 medium avocados, halved and pitted
- 4 cherry tomatoes
- 1 cup grape tomatoes
- 5 large zucchinis
- ¼ cup + ⅓ cup scallions
- 1 small onion
- 1 ½ cups baby spinach
- ¼ cup mushrooms
- ¼ cup red bell pepper
- 2 small garlic cloves
- ½ cup cauliflower, chopped very finely for cauliflower rice

## FRUIT

- 1 cup kiwi
- ½ cup fresh cherries
- ½ cup fresh strawberries
- ½ cup + ¼ cup + ⅓ cup fresh blueberries
- 1 cup frozen blueberries
- ½ cup fresh blackberries
- 1 Lime for ½ tbsp. fresh lime juice
- 1 Lemon for 1 tbsp. fresh lemon juice
- 1 large banana + ½ cup banana
- 2 cups apple

## HEALTHY FATS

- 1 ½ cups unsweetened almond milk
- 2 ½ cups fat-free, unsweetened coconut milk
- ½ cup unsweetened hemp milk
- 1 tbsp. natural peanut butter

¼ cup almonds  
1/3 cup chia seeds  
2 tbsp. ground flax Seeds  
1 tbsp. + 1 tsp. coconut oil  
Olive oil cooking spray, as required  
4 walnuts  
2 tbsp. hemp seeds  
2 tbsp. chia seeds  
2 tbsp. pumpkin seeds  
2 tbsp. almond butter  
5 tbsp. + ¼ cup olive oil  
1/3 cup flax meal

## DAIRY

½ cup fat-free cottage cheese

## SPICES

Sea salt to taste  
Freshly ground black pepper to taste  
1/8 tsp. ground cumin  
¾ cup fresh basil leaves  
1 tbsp. fresh chives  
1 tbsp. fresh parsley  
¼ tsp. red pepper flakes  
½ cup cilantro leaves  
1 tsp. fresh rosemary

## OTHER

1 scoop whey protein powder  
4 drops + 1 tsp. liquid stevia  
1 tsp. bee pollen  
2 tsp. organic vanilla extract  
1 tsp. baking soda  
½ cup unsweetened coconut, shredded  
¾ cup coconut flour

# LUNCH SHOPPING LIST

## PROTEIN

- 3 organic egg yolks
- 6 sugar-free bacon slices
- 1 lb. lean ground turkey
- 1 ¾ lbs. skinless, boneless chicken breast
- 12 oz. canned salmon
- 16 oz. lite firm tofu
- 8 oz. shrimp

## VEGETABLES

- 9 onions
- 1 red onion
- 12 garlic cloves
- 10 cups fresh baby greens
- 1 bunch asparagus
- 3 cups green cabbage
- 10 large tomatoes + ¼ cup cherry tomatoes
- 2 jalapeño peppers
- 3 large carrots
- 2 lbs. + 2 medium zucchinis
- 2 medium summer squash
- 1 ½ cups scallions
- ½ tbsp. + 1 tsp. fresh ginger
- 3 cups fresh shiitake mushrooms
- 2 lbs. + 1 cup fresh mushrooms
- 2 cucumbers
- ¼ cup black olives
- ½ small orange bell pepper
- 2 red bell peppers
- 2 yellow bell peppers
- ¾ lb. Brussels sprouts
- 6 cups romaine lettuce + extra as required
- 1 avocado
- 2 cups snow peas
- 2 ½ cups beans sprouts
- 1 cup water chestnuts

## FRUIT

$\frac{3}{4}$  cup mandarin oranges  
2 lemons for 7 tbsp. fresh lemon juice, divided

## HEALTHY FATS

$\frac{1}{4}$  cup +  $6\frac{1}{2}$  tbsp. +  $4\frac{1}{2}$  tsp. extra-virgin olive oil  
 $4\frac{1}{2}$  tbsp. coconut oil  
 $\frac{1}{4}$  cup pecans

## DAIRY

1 oz. fat-free feta cheese

## SPICES

Sea salt and freshly ground black pepper to taste  
5 tbsp. fresh parsley  
 $\frac{1}{2}$  tsp. paprika  
2 tbsp. fresh rosemary  
1 tsp. fresh thyme  
1 tsp. fresh oregano  
 $\frac{1}{2}$  tbsp. +  $1\frac{1}{2}$  tsp. ground cumin  
 $\frac{1}{2}$  tsp. ground coriander  
 $\frac{1}{2}$  tsp. red pepper flakes  
2 tsp. curry powder  
 $\frac{1}{4}$  cup + 2 tbsp. fresh cilantro  
 $\frac{1}{4}$  tsp. red chili powder  
Smoked paprika, as required  
 $\frac{1}{2}$  tbsp. cayenne pepper

## OTHER

1 cup fat-free, low-sodium vegetable broth  
 $\frac{1}{2}$  cup low-sodium chicken broth  
2 tsp. arrowroot starch  
1 tbsp. balsamic vinegar  
1 tbsp. apple cider vinegar  
1 tbsp. Dijon mustard  
1 tbsp. hot sauce  
 $\frac{1}{2}$  cup + 3 tsp. + 4 tbsp. tamari

# DINNER SHOPPING LIST

## PROTEIN

- 2 lbs. lean ground turkey
- 4 x 6oz. grass-fed chicken legs
- 2 x 4oz. grass-fed, skinless, boneless chicken breasts
- 1 x 4lbs. grass-fed whole chicken
- 1 lb. grass-fed lean ground lamb
- 8 x 4oz. grass-fed lamb rib chops
- 3 lbs. lamb stew meat
- 1 x 1½lbs. grass-fed flank steak
- 1½lbs. grass-fed sirloin steak
- 2 x 4oz. boneless salmon fillets
- ½ lb. salmon
- ½ lb. shrimp

## VEGETABLES

- 5 onions
- 3 red onions
- 18 garlic cloves
- 1 large celery stalk
- 2 Serrano peppers
- 4 cups cauliflower florets
- 1 medium head cauliflower
- 4 cups broccoli florets
- 10 tomatoes
- 2 avocados
- ½ tbsp. + ½ tsp. fresh ginger
- 2¼ cups frozen green peas
- 1 lb. asparagus
- 2 tbsp. scallions
- 2 lbs. baby carrots + 2 cups carrots
- 6oz. fresh spinach
- 1 medium green bell pepper
- ¼ cup green olives, pitted and sliced
- ¼ cup black olives, pitted and sliced

3 large seedless cucumbers

## FRUIT

4 medium apples, cored and sliced  
3 lemons for 9 tbsp. fresh lemon juice  
1 lime for 1 tbsp. fresh lime juice

## HEALTHY FATS

1 ¼ cups extra-virgin olive oil  
1 ¾ cups fat-free unsweetened coconut milk  
4 tbsp. coconut oil

## SPICES

Sea salt and freshly ground black pepper to taste  
3 ½ tsp. ground cumin  
1 tsp. dried oregano  
2 tsp. ground coriander  
¼ tsp. ground turmeric  
½ cup + 2 tbsp. fresh cilantro  
½ tbsp. fresh dill  
½ tbsp. + 2 tsp. fresh rosemary  
1 tbsp. dried rosemary  
½ tbsp. fresh thyme  
1 tsp. dried thyme  
1 ¼ tsp. red pepper flakes  
3 ½ tsp. paprika  
¼ cup fresh parsley  
2 fresh lime leaves  
½ tsp. ground cinnamon  
½ tsp. cayenne pepper  
1 tsp. chili powder  
1 ½ tsp. garlic powder  
1 tsp. onion powder

## OTHER

7 cups low-sodium chicken broth  
1 cup low-sodium fish broth  
¼ cup + 3 tbsp. coconut aminos



# DESSERT SHOPPING LIST

## PROTEIN

3 organic eggs

2 organic eggs

## VEGETABLES

5½ avocados

## FRUIT

3 medium peaches

1 cup + 6 Medjool dates

1 cup + 2 large fresh strawberries

2 cups fresh cherries

3 bananas + ¼ cup banana

2 cups + 3 tbsp. fresh blueberries

¾ cup fresh raspberries

1 tsp. fresh mint leaves

1 lime for 2 tbsp. fresh lime juice

2 lemons for 3½ tbsp. fresh lemon juice

## HEALTHY FATS

1½ cups coconut cream

8 tbsp. + 1 tsp. coconut oil

4 cups unsweetened coconut milk

½ cup coconut yogurt

1/3 cup chia seeds

2 tbsp. almonds, chopped

## SPICES

¼ tsp. ground cinnamon

¾ tsp. bakingsoda

Pinch of salt

## OTHER

- 6 tsp. organic vanilla extract
- 4 tbsp. cacao powder
- 5 oz. + 4 squares + 1 tbsp. 70% dark chocolate
- 1½ tsp. instant coffee powder
- 2 tbsp. pure maple syrup
- 1 tbsp. coconut, shredded
- ¾ cup unsweetened coconut flakes
- ¾ cup young coconut meat
- ¼ cup coconut flour
- ¼ cup arrowroot flour
- ¼ cup raw agave nectar
- 6 tbsp. raw honey
- 1 tbsp. almond flour