

## Week 2 Shopping List [MyFlingwithFood.wordpress.com](http://MyFlingwithFood.wordpress.com)

### Fruits/Vegetables

- Mixed salad greens
- Romaine/ leaf lettuce
- 1-2lbs Roma tomatoes
- 8oz white mushrooms
- 1 shallot
- garlic bulb
- flat leaf parsley
- dill
- mint
- 2 seedless English cucumbers
- lemons (4-6)
- 1 bunch scallions
- 1 medium yellow squash
- Fruits of choice for overnight oatmeals: strawberries, blueberries, bananas, etc.

### Meats

- 1-1.5lbs ground lamb
- 2-3lbs wild salmon (raw)
- 2lbs chicken breasts (scallopini for shortcut)

### Dairy

- feta cheese crumbles
- eggs (1 dozen)
- butter
- nonfat Greek yogurt
- unsweetened vanilla almond milk

### Aisles

- ground cinnamon
- dried oregano
- red pepper flakes
- oats (traditional rolled oats)
- Sweetener of choice (Pyure, Truvia, etc. for THMers)
- whey protein isolate (unflavored, unsweetened for THMers – Sprouts carries it in their bulk section for an EXCELLENT price.)
- quinoa

- white beans (great northern/navy/cannellini, your choice – 1 15oz can or 2 for a big family)
- vanilla extract
- Other oatmeal flavors of choice: coconut extract, shredded unsweetened coconut flakes (Bob's Red Mill), chocolate chips, unsweetened cocoa powder, almond butter (for THM, unsweetened), and jelly of choice (Polaner's All Fruit for THM)

### Frozen

- green beans (nothing fancy, just don't get the super short-cut ones)
- chopped leaf spinach