

Week 1: Shopping List

Fruit

Bananas (14 medium sized)

Papaya (1 large)

Mango (6)

Strawberries (enough for 3 cups worth of whole berries)

Peaches (3 medium)

Pineapple (1 small)

Blueberries (4 cups worth of fresh or 1 large bag of wild frozen)

Vegetables

Swiss chard (3 to 4 large bunches)

Small vine tomato (2)

Carrot (1 medium)

Fresh baby spinach (2 pounds)

Avocado (1)

Kale (2 bunches)

Superfoods

Goji berries (small bag)

Cacao (If cacao is not available, try carob powder.)

Seasonal Variations:

Bananas and papayas should be in season year round. Substitute 1 cup pineapple, 1 cup red grapes, 1 banana or 2 apples/pears for 1 mango if mango is not in season.

Any leafy green can be used interchangeably. For example, use spinach or beet greens in place of chard, or try collards and kale.

If peaches are not in season, try apple, pear or use any of the tropical fruit or 1 cup frozen berries.

If you can't find goji berries, substitute ¼ cup goji berries for 1 cup fresh or frozen berry of your choice.