



pureformulas

SUPERFOOD

cooking CHALLENGE



WEEK 1 SHOPPING LIST

PRODUCE

- 1/2 head red cabbage
- 1 red apple
- 1 red onion
- 1 white onion
- 8 garlic cloves
- 1/2 butternut squash
- 1/2 acorn squash
- 1 spaghetti squash
- 1 medium potato
- 3 large heads of broccoli
- 5 bok choy leaves
- 1 1/2 cup Brussel sprouts
- 3 hass avocados
- 2 lemons
- Fresh cilantro
- Fresh basil leaves
- 1 celery stalk
- 1 cup edamame beans

DAIRY/SUBSTITUTE, EGGS

- 1/3 cup plain Greek yogurt
- 1/2 cup feta cheese
- 2 cups coconut milk

GRAINS, SEEDS, CEREALS

- Brown rice

MEAT, FISH, POULTRY

- 4 salmon filets

MISCELLANEOUS

- 1/2 cup peanuts
- Apple cider vinegar
- Rice vinegar
- Balsamic vinegar
- Cayenne pepper
- White pepper
- Chili powder
- 1 cup coconut water
- 4 cups vegetable stock

FOUND IN PUREFORMULAS.COM

- 1/2 cup pecans
- 1/2 cup goji berries
- 3 tbsp. unsweetened shredded coconut
- 1/2 cup dried blueberries
- Honey
- Himalayan salt (or regular)
- Turmeric
- Ginger
- Extra virgin olive oil
- Coconut oil
- Sesame oil
- Raw coconut aminos (or soy sauce)
- 1/2 cup peanut butter
- 1 tsp. Fennel seeds
- 2 tbsp. sesame seeds



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