

# CHALLENGE GROCERY LIST

For this Challenge, you will have 1 grocery shop. Your grocery list is put together for you below. Note, you will be shopping for all the ingredients needed for the days of the Sets. This means you will be shopping ahead for ingredients for Sets when you are to make a recipe ahead of time. In other words, the Grocery Shops are set up to purchase what is needed for the time frame, not necessarily exactly what you will be eating over those days, but what you will need for prepping. (Hope this makes sense! ;))

**\*\*IMPORTANT:** There is a list of Pantry Staples at the bottom that we assume you already have. If you don't have these items, you will need to stock up before your challenge begins (place [Amazon](#) order and/or order from [DrFuhrman.com](#) {if you want to try his vinegars} now!) as you will find these are very commonly-used ingredients in many high-nutrient lifestyle recipes going forward. Keep in mind that links to products in Challenge documents (and elsewhere) may be affiliate links, wherein The Watering Mouth will receive a small commission and you will pay the same amount -- to ultimately help me create more of these Challenges for you!! :) Win-win!

## PRE-CHALLENGE GROCERY SHOP

### Saturday Pre Challenge

**Sets 1 and 2 combined** NOTE: \*Slice and freeze 3 overripe bananas for Set # 1. Freeze bananas in individual bags OR in a gallon bag, laid flat to keep pieces separated and make note of the average number of slices per banana.

### Sets 1 and 2 combined

- 10 cups lettuce (.75 pound) (green leaf, red leaf, romaine, etc)
- 3 cups shredded red cabbage (6 ounces)
- 1 large bunch kale
- 6 large collard leaves OR Romaine lettuce leaves
- 3 medium-size button mushrooms
- 3 cups non-starchy fresh OR frozen vegetables, and make sure at least
- 8 ounces mushrooms
- 16 ounces combo of any of these: tomatoes, red pepper, carrots, broccoli spears, celery, snow pea pods, and zucchini, and fruits including fresh berries, cantaloupe, kiwi, and apple slices.
- 3 small heads Romaine lettuce
- 3 red sweet bell pepper

- 3 pounds (3 medium heads) fresh broccoli OR 30 ounces frozen chopped broccoli
  - 1 medium zucchini
  - 2 medium sweet red apples
  - $\frac{2}{3}$  cup shredded carrots OR 1 large carrot to shred
  - 1 small sweet onion
  - 1 medium red onion
  - 1 leek
  - 12 sugar snap peas
  - 3 overripe bananas
  - 2 pieces of fruit
  - 3 medium lemons
  - 1 small lime
  - 5 cups frozen (OR fresh) berries
  - 3 cups frozen mango chunks
  - 3 cups frozen pineapple chunks
  - 1 cup frozen peas and carrots
  - 12 ounces corn kernels, frozen
  - 1 15-ounce can no- or low-sodium chickpeas
  - 1-15.5 ounce can low- no- sodium black beans
  - 8 ounce can no- or low-sodium tomato sauce
  - 24 ounces low-sodium vegetable broth
  - 24 ounces unsweetened plain plant milk
  - $\frac{2}{3}$  cup no-oil, low-sodium store-bought hummus OR
- INGREDIENTS FOR HOMEMADE HUMMUS
- 3 small cloves garlic
  - 2 medium lemons
  - 2 15-oz cans no- low-sodium garbanzo beans (can use 1 can garbanzo beans and 1 can white beans like Northern beans or Cannellini)

## Pantry Staples That Are Assumed to Be On Hand

If you don't have these already, you will need to buy these before you begin. Yes, this might be expensive for your first trip, but this is common to anyone starting a

new lifestyle -- and it's a good thing, because then you will be quite set up to continue this lifestyle once the challenge is over. I have included Amazon affiliate links in case some items are hard to find at your local stores. I generally don't even search for some of these things at stores anymore; I prefer Amazon just drop it right to my front door! :) Keep in mind that if you live in a rural area, or in a different country, it might be easier to just do Amazon right away -- and if you're going to do that, make sure to do it right when you get your Challenge materials so your ingredients arrive in time!

## NOVEMBER 2021 Challenge Staples

- Unfortified Nutritional Yeast
- Vanilla extract (alcohol-free, preferably) OR vanilla powder
- Old-fashioned rolled oats
- Unsweetened coconut shreds
- Raw, unsalted walnuts
- Whole Flaxseed
- Ground Ceylon cinnamon
- Ground cumin
- Mrs Dash, SouthWest Chipotle variety
- Onion powder
- Low sodium Dijon mustard
- Almond butter, no salt, preferably raw
- Tahini (sesame seeds only, preferably raw)
- Medjool dates