

Weekly grocery shopping list

Start Mediterranean · Monday through Sunday

39

Unique ingredients

9

Recipe servings

5

Unique recipes

2759.3 g

Estimated total weight

Basic ingredients

34 items

- | | | |
|--------------------------|---|---|
| ☐ | Almond milk, unsweetened, plain
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 1 cup (262 g) |
| ☐ | Arugula, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 0.25 cups (5 g) |
| ☐ | Avocados, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 0.5 pieces (100.5 g) |
| ☐ | Beverages, tea, green, brewed, regular
Used in 1 recipe, such as Green Tea | 3 cups (735 g) |
| ☐ | Blueberries, wild, frozen
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 0.43 cups (60 g) |
| ☐ | Brussels sprouts, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 2 sprouts (38 g) |
| ☐ | Cacao Nibs, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 25 g (25 g) |
| ☐ | Carrots, mature, raw
Used in 1 recipe, such as Cucumber Salad | 1 small (5-1/2" long) (50 g) |
| ☐ | Celery, raw
Used in 2 recipes, such as Cucumber Salad | 7.76 stalk, small (5" long)s (132 g) |
| ☐ | Chia seeds, dry, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 5 g (5 g) |
| ☐ | Crustaceans, shrimp, raw
Used in 1 recipe, such as Shrimp tacos | 5.29 oz (150 g) |
| ☐ | Cucumber, with peel, raw
Used in 1 recipe, such as Cucumber Salad | 1 cucumber (8-1/4") (301 g) |

☐	Flaxseed Used in 1 recipe, such as Calicen Smoothie Week 10-15	2 tsp, grounds (5 g)
☐	Garlic, raw Used in 1 recipe, such as Shrimp tacos	2 cloves (6 g)
☐	Kale, raw Used in 1 recipe, such as Calicen Smoothie Week 10-15	0.5 cups (10.5 g)
☐	Lemon grass (citronella), raw Used in 1 recipe, such as Herbal Tea	3 tablespoons (14.4 g)
☐	Lime juice, raw Used in 1 recipe, such as Shrimp tacos	1 lime yields (44 g)
☐	Nuts, coconut cream, raw (liquid expressed from grated meat) Used in 1 recipe, such as Shrimp tacos	2 tablespoons (30 g)
☐	Olive Oil, extra virgin Used in 2 recipes, such as Cucumber Salad	0.25 cups (54 g)
☐	Onions, raw Used in 1 recipe, such as Shrimp tacos	2 tbsp choppeds (20 g)
☐	Parsley, fresh Used in 1 recipe, such as Shrimp tacos	1 tablespoon (3.8 g)
☐	Peanuts, raw Used in 1 recipe, such as Cucumber Salad	1 oz (28.4 g)
☐	Peppers, bell, red, raw Used in 1 recipe, such as Cucumber Salad	1 medium (approx 2-3/4" long, 2-1/2 dia.) (119 g)
☐	Peppers, hot chili, red, raw Used in 1 recipe, such as Shrimp tacos	2 g (2 g)
☐	Salt, table, iodized Used in 1 recipe, such as Shrimp tacos	1 dash (0.4 g)
☐	Seeds, hemp seed, hulled Used in 1 recipe, such as Cucumber Salad	6 tablespoons (60 g)
☐	Seeds, pumpkin seeds (pepitas), raw Used in 1 recipe, such as Calicen Smoothie Week 10-15	5 g (5 g)
☐	Seeds, sesame seeds, whole, dried Used in 1 recipe, such as Calicen Smoothie Week 10-15	5 g (5 g)
☐	Spices, pepper, black Used in 1 recipe, such as Shrimp tacos	1 dash (0.1 g)

☐	Spinach, frozen, without salt Used in 1 recipe, such as Calicen Smoothie Week 10-15	0.5 cups (95 g)
☐	Spring Onion, whole, raw Used in 1 recipe, such as Cucumber Salad	1 large (25 g)
☐	Tomatoes, red, ripe, raw Used in 1 recipe, such as Shrimp tacos	1 large whole (3" dia) (182 g)
☐	Tortillas, ready-to-bake or -fry, corn Used in 1 recipe, such as Shrimp tacos	3 tortillas (72 g)
☐	Vinegar, cider Used in 1 recipe, such as Cucumber Salad	3 tablespoons (44.7 g)

Supplements

5 items

☐	Creatine Monohydrate Used in 1 recipe, such as Calicen Smoothie Week 10-15	1 Serving (1 Scoop) (5 g)
☐	Mushroom Trio+ Used in 1 recipe, such as Calicen Smoothie Week 10-15	1 Serving (1 Scoop) (10 g)
☐	Potassium Citrate Used in 1 recipe, such as Calicen Smoothie Week 10-15	2 Serving (1 Scoop)s (10 g)
☐	Skin Collagen Matrix+ Used in 1 recipe, such as Calicen Smoothie Week 10-15	1 Serving (1 Scoop) (10 g)
☐	Vegan Protein+ Amino Balanced Used in 1 recipe, such as Calicen Smoothie Week 10-15	1 Serving (1 Scoop) (34.6 g)