



# Shopping List

## Fruits

1 Granny Smith apple  
1 orange  
\*fruit of your choice to top the parfait pie: ie: blueberries, strawberries, peaches, kiwi, raspberries

## Vegetables

3 celery stalks  
8 oz baby arugula

## Cheese

6 oz blue cheese

## Meat/Fish

## Bread/Cereal

2 c old fashioned rolled oats

## Condiments/Dressings

1/4 c mayonnaise  
3/4 c dried cranberries  
3 T apple-cider vinegar  
2 1/2 t Dijon mustard  
2 T pure maple syrup  
1 c honey

## Baking

3/4 c chopped walnuts/pecans  
1 1/2 t Kosher salt  
1/2 t ground pepper  
2/3 c olive oil  
1 c oat flour  
3 T coconut oil  
1 t vanilla extract

## Spices

1/2 t ground cinnamon

## Pasta/Rice

## Canned Foods

1 can chicken breast

## Frozen

## Beverages

## Dairy

1 1/4 c vanilla Greek yogurt

## Household

## Paper/Wraps

## Other

