



Cooking  
For  
Longevity

# EFI's Recipes For Healthy Living



Shopping List

## Cooking For Longevity Shopping List

### How to Use this Guide

This shopping list is a comprehensive guide of all the ingredients you will need to purchase to create your two-week meal plans. The list has been broken into two sections for week one and week two, however you will notice several store cupboard staples that feature ingredients on both lists, such as oils, nuts, seeds and flours, etc. Where this is the case, you may be able to purchase these pantry items in bulk at the start of week one to cover you for both weeks, leaving you only the fresh ingredients to purchase for week two.

It is also worth noting that the ingredients within each list will cover you for every meal within the specific meal plan, but in some cases one umbrella ingredient has been denoted for simplicity to encompass all variants and preferences. For example, where the shopping list states 'butter' this is interchangeable within the recipes for your own preference i.e., non-dairy butter or spread. Where the list states 'honey' this is interchangeable for maple syrup; furthermore, yogurt can be dairy or non-dairy, spinach can be baby or regular, etc.

Additionally, where a meal is indicated to be served as both a lunch and a dinner, this is to be four servings – a lunch and a dinner for two people. If the recipe states it is for two servings only, yet is required for lunch and dinner, simply double the quantities to produce 4 portions. This has been accounted for in the shopping list quantities. Likewise, if a recipe states it serves 4, yet is only required for one meal, only prepare half the quantity. Again, this has been accounted for in the shopping list.

For Week One Shopping List: Print pages 3-5

For Week Two Shopping List: Print pages 6-8

## Week One Shopping List

### Fresh Fish and Meat

- Smoked salmon – 4 ounces and 2 slices
- Ground turkey – 2 pounds
- Cooked chicken – 1 cup

### Fresh Vegetables and Herbs

- 10 x garlic cloves
- 7 x red bell peppers
- 6 x plum tomatoes
- 6 x red tomatoes
- 5 x onions
- 4 x yellow tomatoes
- 4 x carrots
- 4 x avocado
- 3 x red onion
- 2 x green chili pepper
- 2 x zucchini
- 2 x small eggplant
- 2 x red chili
- 2 x large sweet potato
- 2 x broccoli head
- 1 x potato
- 1 x 2 inch piece of fresh ginger
- Fresh parsley – 4 tablespoons
- Padron peppers – 2 cups
- Fresh oregano – 2 tablespoons
- Fresh dill – 2 tablespoons
- Fresh rosemary – 1 ¼ tablespoons
- Baby spinach – 1 cup

### Fruits

- 10 x Medjool dates
- 10 x organic lemons

- 1 x pomegranate
- 1 x orange
- Frozen blueberries – 1 ½ cups
- Watermelon cubes – 1 cup
- Fresh blueberries – 1 cup
- Strawberries – ¾ cup

### Dairy/Non-Dairy

- Butter – 4 ounces
- Greek yogurt – 3 ½ cups
- Goats cheese – 1 ½ cups
- Plain yogurt – 1 cup
- Sour cream – ½ cup

### Nuts and Seeds

- Almonds – 4 tablespoons and 2/3 cup
- Sunflower seeds – 4 tablespoons
- Cashews – 2 cups
- Shredded coconut – ¼ cup

### Pantry

#### Oils, Vinegars and Sauces

- Olive oil – 26 tablespoons
- Coconut oil – 1 cup
- Chili/hot oil sauce – 1 teaspoon

#### Sweeteners

- Coconut sugar – 6 ounces plus 3/4 cup
- Honey – 3 tablespoons

#### Herbs and Spices

- 2 x dried chilis
- 2 x cardamom seeds
- Turmeric – 2 teaspoons
- Curry powder – 1 ½ teaspoon
- Hot paprika – 1 teaspoon
- Smoked paprika – 1 teaspoon

- Mild paprika – 1 teaspoon
- Dried thyme – 1 teaspoon

### Grains, Pulses and Legumes

- Gluten free flour – 2 cups
- Basmati rice – 1 cup
- Oat flour –  $\frac{3}{4}$  cup
- Sorghum flour –  $\frac{1}{4}$  cup

### Canned or Jarred Items

- 2 x 14 ounce can chopped tomatoes
- 1 x 16 ounce can mixed beans
- 1 x canned pineapple chunks and juice
- Strawberry jam – 4 tablespoons
- Tahini – 4 tablespoons
- Red curry paste – 2 teaspoons
- Coconut milk – 2 cups
- Chickpeas –  $\frac{1}{2}$  cup
- Kalamata olives –  $\frac{1}{2}$  cup

### Store Cupboard Staples

- 34 x eggs
- Vanilla extract – 3 teaspoons
- Baking powder – 2  $\frac{1}{2}$  teaspoons
- Peppercorns – 1 teaspoon
- Baking soda –  $\frac{1}{2}$  teaspoon
- Salt
- Black pepper

### Other

- 2 x whole grain tortillas
- Gluten free sourdough – 4 slices
- Coconut cream –  $\frac{1}{4}$  cup

## Week Two Shopping List

### Fresh Fish and Meat

- Smoked salmon – 4 ounces
- Ground turkey – 2 pounds
- Cooked chicken – 1 cup

### Fresh Vegetables and Herbs

- 10 x garlic cloves
- 8 x red tomatoes
- 7 x red bell peppers
- 6 x plum tomatoes
- 5 x avocado
- 5 x onions
- 4 x yellow tomatoes
- 4 x red onions
- 3 x small eggplants
- 3 x carrots
- 2 x green chili pepper
- 2 x zucchini
- 2 x red chili
- 2 x large sweet potato
- 1 x broccoli head
- 1 x potato
- 1 x 2 inch piece of fresh ginger
- Fresh parsley – 4 tablespoons
- Padron peppers – 2 cups
- Fresh oregano – 2 tablespoons
- Fresh dill – 2 tablespoons
- Fresh rosemary – 1 ¼ tablespoons
- Baby spinach – 1 cup

### Fruits

- 11 x organic lemons
- 1 x pomegranate

- 1 x large apple
- Fresh blueberries – 1  $\frac{2}{3}$  cup
- Frozen blueberries – 1  $\frac{1}{2}$  cups
- Strawberries –  $\frac{3}{4}$  cup

### Dairy/Non-Dairy

- Greek yogurt – 6 cups
- Butter – 4 ounces and  $\frac{1}{3}$  cup
- Sour cream – 2  $\frac{1}{2}$  cup
- Goats cheese – 1  $\frac{1}{2}$  cups
- Plain yogurt – 1 cup

### Nuts and Seeds

- Almonds – 4 tablespoons
- Sunflower seeds – 4 tablespoons
- Sesame seeds – 3  $\frac{1}{2}$  tablespoons
- Shredded coconut – 2 tablespoons
- Cashews –  $\frac{1}{2}$  cup

### Pantry

#### Oils, Vinegars and Sauces

- Olive oil – 27 tablespoons
- Coconut oil – 4 tablespoons
- Hot/chili oil – 2 teaspoons

#### Sweeteners

- Honey – 8  $\frac{1}{4}$  tablespoons
- Coconut sugar – 6 ounces plus 1 cup

#### Herbs and Spices

- 2 x dried chili
- Mild paprika – 2 teaspoons
- Turmeric – 2 teaspoons
- Curry powder – 1  $\frac{1}{2}$  teaspoon
- Hot paprika – 1 teaspoon
- Smoked paprika – 1 teaspoon
- Dried thyme – 1 teaspoon

- Cinnamon – 1 teaspoon

### Grains, Pulses and Legumes

- Gluten free flour – 2 cups
- Basmati rice – 1 cup
- Oat flour –  $\frac{3}{4}$  cup
- Sorghum flour –  $\frac{1}{4}$  cup

### Canned or Jarred Items

- 2 x 14 ounce can chopped tomatoes
- 1 x 16 ounce can mixed beans
- Tahini – 4  $\frac{1}{4}$  tablespoons
- Strawberry jam – 4 tablespoons
- Red curry paste – 2 teaspoons
- Coconut milk – 1  $\frac{1}{2}$  cup
- Chickpeas – 1 cup

### Store Cupboard Staples

- 30 x eggs
- Baking powder – 2  $\frac{1}{2}$  teaspoons
- Vanilla extract – 2 teaspoons
- Peppercorns – 1 teaspoon
- Cocoa powder – 1 tablespoon
- Baking soda –  $\frac{1}{2}$  teaspoon
- Salt
- Black pepper

### Other

- 4 x whole grain tortillas
- Gluten free Graham Crackers – 5 ounces
- Gluten free sourdough – 4 slices