



Flo28

October Grocery Shopping List
by phase

Follicular Phase Grocery Shopping

Produce

1 avocado
2 cups spinach
1 pint cherry tomatoes
1 lb carrots
3 sprigs fresh thyme (sub
rosemary or basil)
1 head broccoli
1 inch piece ginger
1 head & 2 cloves of garlic

Frozen

½ frozen banana
1 & ½ cup green beans,
frozen

Meat/Seafood:

1 lb bone in skin on chicken
thighs
1 lb chicken breast

Bulk/Grains/Nuts:

1 Tbsp hemp seeds
¼ cup green lentils
2 & ¼ cup brown rice
1 package chickpea pasta
1 & ½ cups faro
2 prunes
½ cup rolled oats

Interior/Canned Goods/Grains:

3 slices GF toast
1 scoop protein powder of choice
(or sub 1 Tbsp hemp seeds)
2 Tbsp pumpkin puree
1 jar marinated artichokes
2 Tbsp harissa paste of choice
2 28 oz cans whole,
peeled tomatoes
1 can black eyed peas

Diary/Eggs:

4 eggs
1 Tbsp ghee

Non-Dairy/Oils/

Condiments/Spices:

¼ tsp red pepper flakes
Salt and pepper
1 & ½ cup dairy free milk of
choice
½ tsp cinnamon
Pinch nutmeg
2 Tbsp maple syrup
½ tsp pumpkin spice blend
Squeeze sriracha or hot
sauce of choice
2 Tbsp kimchee of choice
3 tsp toasted sesame oil
3 Tbsp tamari
1 Tbsp & 1 tsp rice vinegar
2 Tbsp balsamic vinegar
Olive oil
Avocado oil
Pinch cardamom

Ovulatory Phase Grocery Shopping

Produce

1 pint mushroom of choice
3 pints cherry tomatoes
2 cups spinach
2 ribs celery
1 cup arugula
½ shallot, minced
3 large cups zesty mixed greens
1 red bell pepper
2 cups mixed greens
1 onion
2 cloves garlic
4 carrots
3 sprigs fresh rosemary
1 head kale
1 lb Brussels sprouts
1 bunch parsley
1 bunch cilantro
3 scallions
1 lemon
1 large avocado

Meat/Seafood:

½ lb poached shrimp
1 lb beef stew meat
4 filets wild caught salmon

Bulk/Grains/Nuts

1 cup amaranth
2 Tbsp hemp seeds
¼ cup dried apricot
1 cup lentils (green/French works best, but can sub red)
1 cup brown rice
2 & ½ cup quinoa,
1 package brown rice noodles
1 cup red lentils
1 Tbsp golden raisins

Interior/Canned Goods

GF toast
1 can solid white tuna
1 can chickpeas
¼ cup pitted olive of choice
2 tbsps sundried tomatoes
1 quart high quality or homemade beef/chicken stock

Dairy/Eggs

8 eggs

Non-Dairy/Condiments/Spices

2 cups almond milk
1 tsp cinnamon
¼ tsp allspice
Pinch nutmeg
Salt and Pepper
Avocado oil
3 Tbsp high quality mayonnaise (Sir Kensington's is a good brand)
1 tsp curry powder of choice
Olive oil
2 Tbsp white wine vinegar
1 Tbsp & 1 tsp red wine vinegar
½ tsp Dijon mustard
1 Tbsp & ½ tsp maple syrup
1 tsp rice vinegar
Balsamic vinegar
½ tsp turmeric

Luteal Phase Grocery Shopping

Produce

1 date
5 large yellow onions
1 sweet potato
6 leaves of fresh sage
8 cups spinach
5 cloves garlic
1 red pepper
1 head cauliflower
1 lb parsnips
2 cups arugula
1 delicata squash
2 bunches kale
½ lemon
3 medium sweet potatoes
¼ purple cabbage

Meat/Seafood

½ lb ground beef
2 slices organic turkey breast

Bulk/Grains/Nuts

1 cup raw pumpkin seeds
¼ cup raw almonds
¼ cup raw cashews
1 cup unsweetened coconut chips/flakes
¼ cup hemp seeds
¼ cup rolled oats
1 & ¾ cup brown rice
1 cup millet
1 cup chickpea flour
¼ cup quinoa
1 package brown rice pasta of choice

Interior/Canned Goods

½ cup full fat coconut milk
½ cup butternut squash puree
2 cups stock
4 cans white beans
½ cup high quality vegan pesto (Gotham Greens is a good brand)
2 slices GF toast
1 can chickpeas
1 can pumpkin puree

Dairy/Eggs

4 eggs
2 Tbsp ghee

Non-Dairy/Condiments/Spices

5 Tbsp maple syrup
Olive oil
2 tsp cinnamon
Pinch cardamom
Salt and pepper
Plain dairy free yogurt of choice
1 tsp vanilla extract
Avocado oil
1 & ½ tsp ground cumin
1 tsp red pepper flakes
1 & ¼ cup plain, unsweetened almond milk
1 bay leaf
½ Tbsp high quality mayonnaise (Sir Kensington's is a good brand)
Balsamic vinegar
1 Tbsp tamari
2 Tbsp tahini

Menstrual Phase Grocery Shopping

Produce

1 cup blueberries, fresh or frozen
2 avocados
4 heads of kale
1 cup raw Brussels sprouts
3 yellow onions
3 cloves garlic
2 pints sliced mushrooms of choice
1 beet
1 cup arugula
1 scallion
1 lb carrots
1 handful basil leaves

Meat/Seafood

4 slices high quality prosciutto
2 boneless pork chops
4 chicken thighs with bone in and skin on

Bulk/Grains/Nuts

1 cup buckwheat groats
2 Tbsp hemp seeds
2 cups quinoa
1 & ½ cup wild rice
1 & ¼ cup brown rice

Interior/Canned Goods

2 slices GF toast
1 scoop protein powder of choice
1 Tbsp almond butter
1 can kidney beans
1 quart high quality or homemade vegetable stock
1 can adzuki beans (or other white bean of choice)
1 can oil packed sardines
¼ cup dry white wine
1 quart and 2 cups high quality chicken stock
¼ cup & 2 Tbsp dried cranberries
1 28 oz can peeled tomatoes
2 cans kidney beans

Non-Dairy/Condiments/Spices

3 ½ cups unsweetened almond milk
Salt and pepper
3 Tbsp maple syrup
¼ tsp cinnamon
Balsamic vinegar
Olive oil
Avocado oil

Frozen/Other

½ cup frozen blackberries