

Week 4: Grocery List

Vegetables:

- Greens:**
 - 3 cups baby spinach
 - 1 head green lettuce
 - 3 cups mixed greens
- 3 cups asparagus
- small basil leaves
- 1/2 cup broccoli (*may have leftover from last week*)
- 3 carrots
- 6 celery stalks (*may have already leftover*)
- 2.5 cups cherry tomatoes
- 1/2 cucumber (*may have leftover from last week*)
- 1 garlic if needed (3 cloves)
- 4 cups green beans
- 2-3" stick of ginger (for morning mojo if needed)
- 1 green pepper
- 1 red pepper
- 1 yellow pepper
- 1 red onion
- 5 tomatoes
- 2-3 yellow onion (need 1 + 1/4)
- 5 zucchinis

Fruit: (Organic as much as possible)

- 3 apples
- 3 avocados
- small container blueberries (freeze if leftover)
- 3-4 lemons
- Frozen:**
 - 1/2 cup pineapple
 - 1 cup strawberries
 - 1/2 cup mixed berries
 - 1.5 cups blueberries

Meat & Other Protein:

- 1 lb. 93% lean ground turkey
- 20 oz. chicken breast (raw)
- 5 oz. PRE-COOKED chicken breast

Fish & Seafood:

- 20 oz. salmon fillets

Eggs, Dairy, & Nut Milks:

- 6 eggs (*organic, free range, & hormone/antibiotic free if possible*)
- 1 cups plain Greek yogurt
- 2-3 cups unsweetened almond milk (box)

Items You Should ALREADY HAVE (replace as necessary):

- Vanilla Protein Powder
- Ezekiel Bread (freezer isle)
- Pink Himalayan Salt / Sea Salt
- Fresh Ground Pepper
- Dried Thyme
- Red Pepper Flakes
- Almond butter
- Almond flour
- Chia Seeds
- Hemp Seeds
- Almonds
- Cashews
- Walnuts
- Trail Mix
- Apple Cider Vinegar
- Balsamic vinegar
- Dijon Mustard
- Extra virgin olive oil
- Coconut oil (small jar)
- Honey