

Week 1 Grocery List

Vegetables:

- 1 garlic (4 clove)
- 1 shallot
- 2-3 sweet onions
- Fresh or Frozen broccoli
- 1 pepper (red preferred)
- 1 Zucchini
- 1 spaghetti squash
- Small bag of baby carrots (2 cup)
- 3 Plum Tomato (plus anything you want for your salads- see below)
- 1 head of fresh Romaine Lettuce (for wraps)
- 2 bags Organic Spinach
- 1-2 bunches of Purple/Green Kale ~ for Kale Chips and/or Immune Smoothie
- Lettuce** – for 5-6 salads (I prefer arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
- Veggies** you want for your 9 salads & wraps (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

Fruit: (Organic as much as possible)

- 3 bananas
- 2-3 lemons
- Blueberries (1 small package) for Saturday
- 1 Haas Avocado
- For smoothies, your choice of frozen: strawberries, blueberries, mango, pineapple, papaya, orange (4-5 cups of frozen fruit worth TOTAL)

Meat:

- 10 oz. slice of thick organic turkey
- 1.5 lbs ground turkey meat
- Small package of nitrate free bacon (can sub 2 oz. sliced organic turkey if you prefer for Frittata)

Fish & Seafood:

- ❑ 2 cans tuna fish (packed in water)
- ❑ 2 (5oz.) Filets of Salmon (**Ask for skin off on both sides.** Wild salmon and **not** previously frozen if possible.)

Eggs:

- ❑ 1 dozen (organic, free range, & hormone/antibiotic free if possible)

Nuts & Seeds:

- ❑ **For Trail Mix #1:** ½ cup ground flax seeds, 1 cup raw pumpkin seeds, 1 cup raw sunflower seeds, 3 cups shredded unsweetened coconut, 4 cups raw slivered almonds, ½ cup unsweetened dried cherries OR Raisins (**choose ONLY mix #1 or #2, not both**)
- ❑ **For Trail Mix #2:** 1/2 cup raw walnuts, 1/2 cup almonds, 1/2 cup pecans, 1/2 cup raw pumpkin seeds, 1/2 cup sunflower seeds, 1/4 cup chopped dried apricots, 1/4 cup dried cranberries (sweetened with apple juice), 1/4 cup dried unsweetened blueberries, 1/4 cup dried golden raisins
- ❑ 1/4 cup of Pecans for Saturday

Miscellaneous:

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| <ul style="list-style-type: none"> ❑ Almond Butter (100% almonds) ❑ Cold-Pressed Coconut Oil ❑ Extra Virgin Olive Oil ❑ Aged Balsamic vinegar – (no high fructose corn syrup) ❑ Apple Cider Vinegar ❑ (Optional) Bottle of white wine ❑ Dijon mustard (no high fructose corn syrup) ❑ Honey Mustard (organic if possible) | <ul style="list-style-type: none"> ❑ Raw Organic Honey OR Coconut Sugar ❑ 1 Jar of Tomato Sauce (my fav is Mario Batali Marinara) ❑ 1 Can of Organic Pumpkin ❑ 1 package almond meal, aka: almond flour ❑ 1 can chopped tomatoes (need 7 oz) ❑ Vanilla Extract (NO HFCS) ❑ Baking Soda |
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- ❑ (Optional) – for Choc & Coconut Superfood Shake: Coconut milk OR almond milk, Cacao (raw, unprocessed), goji berries, protein powder, supergreens (see supplements), coconut butter

Spices:

- Pink Himalayan Sea Salt
- Freshly Ground Pepper
- Dried Onion Powder
- Garlic Powder
- Thyme
- Basil
- Dried Parsley
- Pumpkin Pie Spice
- Cardamom
- Ground Ginger
- Cumin
- Cayenne **or** Red Pepper Flakes
- Oregano
- Cinnamon

Fresh Herbs:

- Fresh Flat Leaf Parsley

For Home Made Protein Bars

- **Homemade Option #1:** You'll need 1.25 cups slivered almonds, 1 cup pecans, 1/3 cup ground flax meal, 7 large Medjool dates, 1/3 cup dried unsweetened cherries, 1/3 cup dried apricots
- **Homemade Option #2:** You'll need ½ cup slivered almonds, ½ cup chopped pecans, 1/2 cup dried cranberries or blueberries, 1/4 cup unsweetened coconut

Notes: *The grilled pork chops for Sunday evening will be on the Week 2 Grocery List to preserve freshness!*