

Week 8 Grocery List

Vegetables:

- 1 garlic
- 4 sweet onions
- 1 head Fresh broccoli
- Fresh Asparagus
- 2 peppers (red preferred)
- 1 stalk of celery
- 3 Zucchini
- 1 Yellow Squash
- 1 Sweet Potato
- 1 Rutabaga
- 1 Jalapeno
- 3 large Carrots
- 2 regular Tomato (PLUS any extra you want for your 4 salads)
- 1 pint mushrooms (OPTIONAL for Sat)
- 1 head of fresh Romaine Lettuce (for 1 wrap + 1 salad)
- Lettuce – for 2 more salads (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.
- 2 bags + 1 lb. Spinach
- Veggies you want for your **4-5** salads/wraps & lunches (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

Fruit: (Organic as much as possible)

- 1 apples
- 2 bananas
- 1 grapefruit
- 2 lemons
- 1 lime
- 2 Mangos
- 2 kiwi
- 1 Peach
- For smoothies, your choice of frozen: strawberries, blueberries, mango, pineapple, papaya, orange (5 cups of frozen fruit worth TOTAL)
- 4 Haas Avocados

Meat:

- 4 oz. thick slices of organic turkey (can sub 4 oz. pre-cooked Chicken (free-range if possible))
- 1-2 lbs. Strip Steak for Sat (can sub chicken breast)
- 2 boneless/skinless chicken breast (free range & antibiotics/hormones free)
- 2 Pork Chops with Large Tenderloin
- Small package of nitrate free bacon (*if need to replenish*)

Fish & Seafood:

- 1 Package of Smoked Salmon (4 oz. total)
- 2 cans Tuna

Eggs:

- 1.5 dozen eggs (organic, free range, & hormone/antibiotic free if possible)

Miscellaneous:

- 5 oz. PLAIN Greek Yogurt
- For Choc & Coconut Superfood Shake: Coconut milk OR almond milk, Cacao (raw, unprocessed), goji berries, supergreens (see supplements), coconut butter Coconut milk **OR Almond Milk (*if need to replenish*)**
- OPTIONAL for Paleo Mayo** (can sub 1 Tbs. Greek Yogurt instead for Avo Egg Salad): Fresh Basil, Dry Mustard (if you don't already have it), and 1 lemon

Spices:

- Cayenne pepper (if you DON'T already have it)

Fresh Herbs:

- 1 bunch Fresh Dill
- 1 bunch cilantro (for Salsa this Sun)

Supplements:

- 1 Protein Bar

*Ingredients you should **ALREADY** have...*

- Protein Powder

Replenish your Trail Mix & Protein Bars as necessary:

- ❑ **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
- ❑ **PROTEIN BAR 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
- ❑ **PROTEIN BAR 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

Ingredients you should ALREADY have continued...

- ❑ Cold-Pressed Coconut Oil
- ❑ Extra Virgin Olive Oil
- ❑ Aged Balsamic vinegar – (no high fructose corn syrup)
- ❑ Apple Cider Vinegar
- ❑ Honey Mustard (organic if possible)
- ❑ Raw Organic Honey OR Coconut Sugar
- ❑ Coffee and/or Tea bags (OPTIONAL)

Spices:

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