

Week 5: Grocery List

Vegetables:

- Greens:**
 - 1 lb. baby spinach
 - 5 cups kale leaves
 - 3 cups mixed greens
- 4 cups broccoli
- 3 carrots
- 4 celery stalks (*may have already leftover*)
- 1/2 cup cherry tomatoes (*may have already leftover*)
- 2 cucumbers
- 1-2 garlic (10 cloves)
- 2-3" stick of ginger
- 1 red pepper
- 3 sweet potatoes
- 1 yellow onion
- 2 zucchinis

Fruit: (Organic as much as possible)

- 2 apples
- 2 bananas
- 2 avocados
- 4 lemons
- Frozen:**
 - 1 cup blueberries
 - 3 cups strawberries
 - 1/2 cup mixed berries

Meat & Other Protein:

- 1 lb. extra lean ground chicken
- 2 lbs. pork tenderloin
- 5 oz. PRE-COOKED chicken breast
- 2 oz. prosciutto (deli)

Fish & Seafood:

- 1 can tuna

Eggs, Dairy, & Nut Milks:

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

Miscellaneous:

- hummus (*you may have some in freezer from week 1*)
- maple syrup (raw)
- chicken broth (box)
- 1/3 cup tomato paste
- 1 cup oats (gluten-free)

Spices:

- Dried Rosemary
- Ground Mustard

Items You Should ALREADY HAVE (replace as necessary):

- Vanilla Protein Powder
- Ezekiel Bread (freezer isle)
- Pink Himalayan Salt / Sea Salt
- Fresh Ground Pepper
- Chili Powder
- Cinnamon
- Paprika
- Thyme (dried)
- Almond butter
- Almonds
- Chia Seeds
- Hemp Seeds
- Ground Flax Seeds
- Pumpkin Seeds
- Walnuts
- Trail Mix
- Apple Cider Vinegar
- Dijon Mustard
- Extra Virgin Olive Oil
- Coconut Oil (small jar)
- Honey