

Week 2: Grocery List

Vegetables:

- Greens:**
 - 3 cups baby spinach
 - 5 cups kale leaves
 - 6 cups mixed greens
 - 4 cups collard greens
- 1 cup broccoli
- 7 carrots
- 2 celery stalks (*may have already leftover*)
- 2 cups cherry tomatoes
- 3 cucumbers
- 1 garlic (3 cloves)
- 2-3" stick of ginger
- 3 stalks of green onions
- 1-2 green peppers
- 1 cup green beans
- 2 red peppers
- 2 yellow peppers
- 1 Jalapeno pepper
- 2 tomatoes
- 2 yellow onion
- 5 zucchinis

Fruit: (Organic as much as possible)

- 2 apples
- 3 avocados
- 4 lemons
- 2 limes
- 1 cup mixed berries (for yogurt – can use frozen if you prefer)
- Frozen:**
 - 1 cup blueberries
 - 1.5 cups cherries
 - 1 cup mixed berries

Meat & Other Protein:

- 1 lbs. 93% lean ground turkey
- 16 oz. chicken breast (raw)
- 8 oz. pork chop

Fish & Seafood:

- 8 oz. smoked salmon
- 1 can Tuna
- 2 cod fillets (5-6 oz. each)

Eggs, Dairy, & Nut Milks:

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

Nuts and Seeds:

- small bag of cashews
- 16 oz. healthy trail mix

Miscellaneous:

- Nutritional Yeast
- Dijon Mustard
- Honey Mustard
- 1 can Black Olives
- 1 can artichoke hearts
- Apple Cider Vinegar
- 1 cup Organic Salsa
- Ezekiel Bread (freezer isle)

Spices:

- Dried Parsley
- Garlic Powder

Items You Should ALREADY HAVE (replace as necessary):

- Vanilla Protein Powder
- Pink Himalayan Salt / Sea Salt
- Fresh Ground Pepper
- Chili Powder
- Cinnamon
- Cumin
- Paprika
- Almond butter
- Chia Seeds
- Pumpkin Seeds
- Walnuts
- balsamic vinegar
- coconut aminos (small bottle)
- Extra virgin olive oil
- coconut oil (small jar)