

# Week 1: Grocery List

## Vegetables:

- Greens:**
  - 1.5 cups baby spinach
  - 7 cups kale leaves
  - 1 cup purple cabbage
  - 4 cups collard greens
- 1 cup alfalfa sprouts
- ¼ cup fresh basil leaves
- 2 beets
- 8 cups broccoli
- 2 cups butternut squash
- 3 carrots
- 1 head cauliflower
- 2 celery stalks
- 3 cups cherry tomatoes
- 1 cucumber
- 1 garlic (7 cloves)
- 2-3" stick of ginger
- 1 green pepper
- 3 red peppers
- 2 yellow peppers
- 1 serrano pepper
- 1 sweet potato
- 1 shallot
- 4 tomatoes
- 1 red onion
- 3 yellow onions
- 3 zucchinis

## Fruit: (Organic as much as possible)

- 2 apples
- 4 avocados
- 1 banana
- blueberries
- 4 lemons
- 1 orange
- ½ cup mixed berries (for yogurt – can use frozen if you prefer)
- Frozen:**
  - 1 cup blueberries
  - 2 cups strawberries
  - ½ cup mixed berries

## Meat & Protein:

- 2 lbs. 93% lean ground turkey
- 15 oz. chicken breast (raw)
- 15 oz. of precooked chicken breast

## Fish & Seafood:

- 10 oz. salmon fillets (wild-caught if possible)

## Eggs, Dairy, & Nut Milks:

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

## Nuts and Seeds:

- almond butter
- small bag almonds
- small bag raw walnuts
- small bag pumpkin seeds
- small container chia seeds
- small container ground flax seed

## Miscellaneous:

- ½ cup hummus (freeze leftover)
- 15 oz. can organic tomato sauce
- 14.5 oz. can organic diced tomatoes
- 4 cups organic chicken broth (box)
- balsamic vinegar
- coconut aminos (small bottle)
- coconut oil (small jar)
- Extra virgin olive oil
- ¼ cup almond flour
- raw honey

## Spices:

- Pink Himalayan Salt
- Fresh Ground Pepper
- Cayenne Pepper
- Chili Powder
- Cinnamon
- Cumin
- Paprika
- Red Pepper Flakes

## Supplements:

- Vanilla Protein Powder:** Anything without soy (or lecithin) and has 5-6 ingredients or less is fine. (You can swap for chocolate if you prefer- check the recipes first).