

Week 11 Grocery List

Vegetables:

- 1 garlic
- 4 yellow onions
- 1 package broccoli
- 1 bunch Asparagus (Optional – can sub broccoli)
- 1 sweet potato
- 1 red or yellow pepper
- 1 yellow squash
- 1 zucchini
- 1 small box mushrooms
- 1 large carrot
- 1 tomatoes (PLUS any extra for 5 salads)
- 1 cauliflower
- OPTIONAL:** 1-2 bunch of Purple/Green Kale ~ for Immune Smoothie
- Lettuce** – for 6 salads/wraps (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
- 1.5 lbs + 1-2 bags** of Spinach for 5 Smoothies
- Veggies you want for your **4 salads/wraps** and **1-2 cups** for snacks: (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

Fruit: (Organic as much as possible)

- 3 bananas
- 1 grapefruit
- 1-2 avocados
- 1 package strawberries
- For smoothies, choice of frozen: mango strawberries, blueberries, pineapple, papaya, orange (**5 cups** of frozen fruit TOTAL)
- 3 lemons

Meat:

- 8 oz. lean meat for Salads & Dinner on Monday (can use pre-made chicken, turkey burger, etc.)
- 1 lb. strip steak (or other lean steak- grass-fed if possible)
- 4 boneless/skinless chicken breast (free range & antibiotics/hormones free) OR 1 whole chicken

Fish & Seafood:

- 1 can Tuna

- 1 pound of Halibut (or your choice of: sea bass, cod, snapper, salmon, etc.) ***Do Not Get: farm raised fish, anything previously frozen, or color enhanced

Eggs:

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

Miscellaneous:

- 1 Greek Yogurt (Plain)
- 1 cup (low sodium) Chicken Stock OR ½ Cup of White Wine- if you don't have it at home
- Small jar green pitted olives (optional- for Chicken Oreganata)
- ½ cup Raw Assorted Nuts (no peanuts) if you need to replace

Fresh Herbs:

- Fresh Parsley

Supplements:

- 2 Protein Bars

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

Items in bold- you will need for this week

- Ezekiel Bread (frozen)**
- Almond Butter (100% almonds-
- Cold-Pressed Coconut Oil**
- Extra Virgin Olive Oil**
- Aged Balsamic vinegar – (no high fructose corn syrup)
- Apple Cider Vinegar
- Bottle of white wine**
- Dijon mustard (no high fructose corn syrup)
- Honey Mustard (organic if possible)
- Raw Organic Honey OR jar of Coconut Sugar
- 1 package almond meal, aka: almond flour (at Whole foods)
- Vanilla Extract (NO HFCS)
- Baking Soda
- Coffee and/or Tea bags (OPTIONAL)

Spices:

- Sea Salt or Kosher Salt**
- Freshly Ground Pepper**
- Thyme**
- Dried Parsley**
- Oregano**