

Week 3: Grocery List

Vegetables:

- Greens:**
 - 11 cups baby spinach
 - 1/2 cup kale leaves (for smoothie- keep extra in freezer)
 - 10 cups mixed greens
- 2 acorn squash
- 4.5 cups broccoli
- 2 carrots
- 1 head cauliflower
- 6 celery stalks (*may have already leftover*)
- 2 cups cherry tomatoes
- 2 cucumbers
- fresh dill (small)
- ½ cup parsley (organic if possible)
- 1 garlic if needed (1 clove)
- 2-3" stick of ginger (for morning mojo if needed)
- 1-2 green peppers (need 1 + ¼)
- 2 red peppers
- 1 yellow peppers
- 2 Jalapeno peppers
- 1 tomato
- 1-2 yellow onion (need 1 + ¼)
- 3 zucchinis

Fruit: (Organic as much as possible)

- 2 apples
- 1-2 avocados (if you have any leftover, 1 is fine)
- 4 lemons
- 1 cup mixed berries (for yogurt – can use frozen if you prefer)
- Frozen:**
 - 2 cups blueberries
 - 2 cups strawberries

Meat & Other Protein:

- 10 oz. beef tenderloin
- 1 lb. turkey sausage
- 1.5 lbs. organic chicken sausage
- 5 oz. PRE-COOKED chicken breast

Fish & Seafood:

- 10 oz. Halibut fillets

Eggs, Dairy, & Nut Milks:

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

Nuts and Seeds:

- small container hemp seeds

Spices:

- Dried Thyme
- Oregano

Items You Should ALREADY HAVE (replace as necessary):

- Vanilla Protein Powder
- Pink Himalayan Salt / Sea Salt
- Fresh Ground Pepper
- Chili Powder
- Cinnamon
- Cumin
- Almond Butter
- Chia Seeds
- Pumpkin Seeds
- Almonds
- Cashews
- Walnuts
- Balsamic Vinegar
- Dijon Mustard
- Extra Virgin Olive Oil
- Coconut Oil (small jar)