

Week 6: Grocery List

Vegetables:

- Greens:**
 - 3 cups baby spinach
 - 8 cups kale leaves
 - 6 cups mixed greens
 - 5 cups collard greens
- 1 cup alfalfa sprouts
- 1 beet
- 6 cups butternut squash
- 3 carrots
- 4 celery stalks (*may already have leftover*)
- 1 cup cherry tomatoes
- cilantro
- 2 cucumbers
- 1 jalapeno pepper
- 3 red peppers
- 1 yellow pepper
- 1 red onion
- 2 sweet potatoes
- 1 white onion
- 3 zucchinis

Fruit: (Organic as much as possible)

- 3 apples
- 2 avocados
- 1 banana
- 1/4 cup blueberries (*can use frozen instead*)
- 4 lemons
- 1 lime
- 4 oranges (*mixed- blood orange, etc.*)
- Frozen:**
 - 1.5 cup blueberries
 - 1 cup mixed berries

Meat & Other Protein:

- 1 lb. 93% lean ground turkey
- 2 lbs. PRE-COOKED chicken breast (*or make your own at home*)

Fish & Seafood:

- 20 oz. Halibut Fillets

Eggs, Dairy, & Nut Milks:

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

Miscellaneous:

- Hummus (1.5 cups)

Items You Should ALREADY HAVE (replace as necessary):

- Vanilla Protein Powder
- Unsweetened Almond Milk (2 *tbsps.*)
- Almond flour
- Ezekiel Bread (*freezer isle*)
- Pink Himalayan Salt / Sea Salt
- Fresh Ground Pepper
- Cayenne Pepper
- Chili Powder
- Cinnamon
- Paprika
- Almond butter
- Chia Seeds
- Hemp Seeds
- Ground Flax Seeds
- Cashews
- Walnuts
- Trail Mix
- Apple Cider Vinegar
- Balsamic Vinegar
- Extra virgin olive oil
- Coconut Oil (small jar)
- Honey