

# Week 12 Grocery List

## *Vegetables:*

- 1 garlic
- 2 red onion + 2 sweet onions
- 1 Broccoli (to steam)
- Asparagus (to steam)
- 1 sweet potato
- 1 Red Pepper
- 1 Jalapeno
- 1 Zucchini
- 1 Spaghetti Squash
- 3 Large Carrots
- 1 Rutabaga
- 3 Plum + 2 Regular Tomatoes (PLUS any extra you want for 3 salads)
- 1 small bunch of Celery
- OPTIONAL:** 1-2 bunch of Purple/Green Kale ~ for Immune Smoothie
- Lettuce – for 3 salads** (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
- 2 bags + 1 lb Baby Spinach** (4 smoothies, frittata + soup)
- Veggies you want for your 3 salads:** (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

## *Fruit:* (Organic as much as possible)

- 1 Apples
- 1 Banana
- 2 Mangos
- 2 Kiwi
- 1 Fresh Grapefruit (red/pink)
- 1 Limes
- 1 cup fresh mixed berries
- For smoothies, choice of frozen:** mango strawberries, blueberries, pineapple, papaya, orange (**4 cups** of frozen fruit TOTAL)
- 2 Haas Avocados
- 1 Lemon

## *Meat:*

- 2 chicken breast BONE-ON (skinless) (free range & antibiotics/hormones free)
- 2-4 Pork chops with large tenderloin
- Small package of nitrate free Bacon OR Turkey Bacon (**IF you need to replace**)
- 4 oz. lean meat (can use pre-made chicken, turkey burger, etc.)

## *Fish & Seafood:*

- 1 x 4oz. Package of Smoked Salmon
- 1 can Tuna
- 2-4 boneless, skinless Salmon Steaks

## *Eggs:*

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

## *Miscellaneous:*

- 1 Greek Yogurt (plain)
- 1 can Organic Pumpkin
- ¼ cup Raw Pecans for Pumpkin Pancakes (Optional)
- If you don't already have for 2 Choc & Coconut Superfood Shakes: Coconut milk OR almond milk, Cacao (raw unprocessed cocoa), goji berries, coconut butter (different than coconut oil)

## *Fresh Herbs:*

- 1 bunch fresh dill
- 1 Fresh Cilantro (Mango Salsa)
- Fresh Flat Leaf Parsley (Frittata)

## *Supplements:*

- 1 Protein Bar

## *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 of 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

- Almond Flour/Almond Meal**
- Almond Butter
- 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**
- Vanilla Extract (NO HFCS)**
- Baking Soda**
- Coffee and/or Tea bags (OPTIONAL)**

## *Spices:*

- Sea Salt or Kosher Salt**
- Freshly Ground Pepper**
- Dried Onion Powder
- Paprika

- Garlic Powder
- Thyme
- Basil
- Dried Parsley
- Pumpkin Pie Spice**
- Cardamom**
- Ground Ginger**

- Cumin
- Cayenne Pepper
- Red Pepper Flakes
- Tarragon
- Oregano
- Cinnamon**