

Grocery List Week 1

Vegetables:

- ☐ 1 garlic
- ☐ 2 red onion
- ☐ 4 yellow onions (1 vidalia if they have it)
- ☐ 1 sweet potato
- ☐ 1 tomato
- ☐ 1 green pepper
- ☐ 2 red bell peppers
- ☐ 1 jalapeno (*optional in chili*)
- ☐ Small container sprouts
- ☐ ½ cup fresh broccoli
- ☐ 5 zucchini
- ☐ Grape tomatoes
- ☐ 1 Large Spaghetti Squash
- ☐ 1 yellow squash
- ☐ 1 fennel bulb
- ☐ 1 head of fresh Butter Lettuce
- ☐ **Veggies** for 2 dinner salad, 2 lunch wraps & 3 lunch side salads
(*organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, shredded carrots, broccoli, cauliflower, etc.*)
- ☐ **Lettuce** – for 2 dinner salad, 2 lunch wraps & 3 lunch side salads
(*I prefer arugula/spinach/mixed greens, romaine*)
- ☐ 1 small bag or box of spinach

Fruit: (Organic as much as possible)

- ☐ 3 apples
- ☐ 4 Haas Avocados
- ☐ 1 mango
- ☐ 6 lemons (4 for morning mojo, 1 for dressing)
- ☐ 1 lime
- ☐ 2 large oranges
- ☐ 3.5" of ginger root (*optional~mojo*)
- ☐ 2 bananas
- ☐ ¼ cup red seedless grapes
- ☐ **1 bag frozen cherries (organic if they have it)**

Meat & Protein:

- ☐ Small package of nitrate free bacon
- ☐ 4 boneless, skinless chicken
- ☐ 1/2 lb. ground turkey meat
- ☐ 1 Pound Italian Sausage
- ☐ 1/2 lb. ground grass-fed beef
- ☐ 8 oz. precooked protein of choice (chicken, fish, turkey)
- ☐ 4-8 oz. of precooked chicken breast

Fish & Seafood:

- ☐ 2 wild-caught tilapia or Mahi Mahi fillets (*4-8 oz. each depending on protein intake*)

Eggs:

- ☐ Eggs (*organic, free range, & hormone/antibiotic free if possible*)
- ☐ Pre-Boiled Eggs (optional)

Nuts and Seeds:

- ☐ ½ cup raw cashews
- ☐ ½ cup raw almonds
- ☐ Small package of chopped almonds
- ☐ Small package of pumpkin seeds
- ☐ ½ cup raw pecans
- ☐ Miscellaneous raw nuts for snacks

Miscellaneous:

- ☐ Almond Butter (No sugar in ingredients) and/or
- ☐ Cashew Butter
- ☐ Extra Virgin Olive Oil
- ☐ Cold-Pressed Coconut Oil
- ☐ Vanilla Extract (NO HFCS)
- ☐ 1 small coconut, cashew or almond milk for smoothie
- ☐ Cacao powder (raw, unprocessed)
- ☐ 1 cup can of organic pumpkin
- ☐ 14 oz. can crushed tomatoes
- ☐ 8 oz. jar tomato sauce
- ☐ 1 can diced green chilies
- ☐ 5 cups Chicken stock (low-sodium)
- ☐ ½ cup Beef stock
- ☐ Aged Balsamic Vinegar (no HFCS)
- ☐ 2 Can Coconut Milk (full fat)
- ☐ 1 cup pizza sauce (no sugars in ingredients)
- ☐ Bag of Frozen Butternut Squash

Spices:

- ☐ Pink Himalayan Salt
- ☐ Ground Cumin
- ☐ Fresh Ground Pepper
- ☐ Cinnamon
- ☐ Italian seasoning (*sodium-free*)
- ☐ Dried Rosemary
- ☐ Dried Parsley
- ☐ Curry Powder
- ☐ Smoked Paprika
- ☐ Chili Powder
- ☐ Cayenne Pepper
- ☐ Granulated Garlic
- ☐ Ground Coriander
- ☐ Dried Basil
- ☐ Dried Dill

*****You may have a few leftover ingredients once this week is over. Make sure to save / freeze unused ingredients for following weeks.**