

Grocery List Week 2

Vegetables:

- ☐ 1 heads of garlic
- ☐ 1 head cauliflower
- ☐ 1 head broccoli
- ☐ 2 yellow onions 1 1
- ☐ 1 jalapeno
- ☐ 4-5 mushrooms
- ☐ 1 purple onion
- ☐ 1 sweet potato
- ☐ 1 cup Cherry tomatoes
- ☐ 2 tomatoes
- ☐ 3 carrots
- ☐ 2 red peppers
- ☐ 1 green bell pepper
- ☐ 1 bunch of asparagus
- ☐ 1 jalapeno
- ☐ cilantro
- ☐ Small container fresh sprouts
- ☐ 2 zucchini
- ☐ 1 cucumber
- ☐ 1 large leek
- ☐ 2 celery ribs (1 head)
- ☐ 1/2 lb. Cremini mushrooms
- ☐ 1 bunch of fresh cilantro
- ☐ **Veggies** for 5 total salads & snacks
*(organic as much as possible:
Tomatoes, mushrooms, red peppers,
cucumber, onion, carrots, broccoli,
cauliflower, etc.)*
- ☐ **Lettuce** – for 5 green salads (I
prefer arugula/spinach/mixed
greens, anything EXCEPT Iceberg
lettuce.)
- ☐ 2-4 large Butter Lettuce leaves (or
Romaine) for wraps

Fruit: (Organic as much as possible)

- ☐ 5 apples
- ☐ 2 Haas Avocados
- ☐ 5 lemons
- ☐ 2 limes 1
- ☐ 1 really ripe banana
- ☐ Frozen Cherries
- ☐ 3.5" of ginger root *(optional~mojo)*
- ☐ Fresh Berries (1 cup)

Meat & Protein:

- ☐ 9 ounces sliced Prosciutto di Parma *(at the deli counter)*
- ☐ 1 pound organic turkey loin
- ☐ 2 all-natural and organic pork chops (5-9 ounces each)
- ☐ 1.5 pounds of chicken breast (boneless skinless)
- ☐ 12-20 oz. precooked protein of choice (chicken, fish, turkey)
- ☐ Applegate Farms Turkey Pepperoni

Fish & Seafood:

- ☐ 1 lb. salmon (wild if possible)

Eggs & Dairy:

- ☐ 1.5 dozen eggs (organic, free range, & hormone/antibiotic free if possible)
- ☐ Pre-boiled eggs (optional)

Nuts and Seeds:

- ☐ 1.5 oz. sesame seeds
- ☐ 1 cup of raw mixed nuts for snacks

Miscellaneous:

- | | |
|--|--|
| <input type="checkbox"/> Almond Milk | <input type="checkbox"/> 11 cups reduced-sodium Chicken Broth (<i>organic if possible</i>) |
| <input type="checkbox"/> Almond Flour | <input type="checkbox"/> Wholegrain Mustard |
| <input type="checkbox"/> 2 can Coconut milk | <input type="checkbox"/> 1 small can chipotle peppers in adobo sauce |
| <input type="checkbox"/> (2) 14.5 oz diced tomatoes in juice | |
| <input type="checkbox"/> 1 Tbsp. Tomato paste | |

Spices:

- | | |
|--|--|
| <input type="checkbox"/> Crushed Hot Red Pepper Flakes | <input type="checkbox"/> Garlic powder |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Lemon pepper |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Baking Soda |
| <input type="checkbox"/> Bay Leaves | <input type="checkbox"/> Onion powder |
| <input type="checkbox"/> Basil | |

Items You SHOULD ALREADY Have (replace as necessary):

- ☐ Almond or Cashew Butter
- ☐ Cinnamon
- ☐ Vanilla Extract (NO HFCS)
- ☐ Cold-Pressed Coconut Oil
- ☐ Pink Himalayan Sea Salt
- ☐ Freshly Ground Pepper
- ☐ Extra Virgin Olive Oil

- ☐ Ground Cumin
- ☐ Pumpkin Seeds
- ☐ Balsamic Dressing (*recipe on page 3*)