Grocery List Week 4

Vegetables:

- ☐ 1 garlic
- ☐ 1 sweet onion
- ☐ 1 red onion
- ☐ 3 tomatoes
- ☐ 4 carrots
- ☐ 1 red bell pepper
- ☐ 1 green pepper
- ☐ Small container of fresh sprouts
- ☐ 1 sweet potato
- ☐ 1 large butternut squash (2.5-3 lbs.)
- ☐ 1 small fresh broccoli
- ☐ 1 zucchini
- ☐ Cilantro
- ☐ 1fennel bulb ½
- ☐ 1 jalapeno (optional- for chicken)
- ☐ 1 head Butter lettuce
- ☐ **Veggies** for 3 salads/wraps + 4 snacks *(organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)*
- ☐ **Lettuce** – for 4 green salads + 1 wraps (I prefer arugula/spinach, mixed greens, anything EXCEPT Iceberg lettuce.)
- ☐ 1.75 lbs. fresh baby spinach
- ☐ 1 cup arugula

Fruit: (Organic as much as possible)

- ☐ 2 apples
- ☐ 1 orange
- ☐ 1 pear
- ☐ 3 Haas Avocados
- ☐ 5 lemons
- ☐ 1 lime
- ☐ 3.5" of ginger root *(optional~mojo)*
- ☐ Small bag of red seedless grapes

Meat & Protein:

- ☐ 3/4 pound nitrate-free bacon
- ☐ 8-16 oz. pre-cooked protein of choice (chicken, fish, turkey)
- ☐ 8-16 oz. pre-cooked sliced turkey
- ☐ 1 lb. organic chicken breasts
- ☐ 8-16 oz chopped chicken breast (precooked)

Fish & Seafood:

- ☐ 4 ounces Smoked Salmon
- ☐ 2 x 6 oz. ounces Salmon Fillets

Eggs & Dairy:

- ☐ Eggs (organic, free range, & hormone/antibiotic free if possible)

Nuts and Seeds:

- ☐ 1 cup Sunflower seeds (raw)
- ☐ 1 cup pumpkin seeds
- ☐ 1 cup almonds
- ☐ 1 cup sliced almonds
- ☐ ¼ cup sesame seeds
- ☐ ¼ cup raw walnuts
- ☐ ¼ cup raw pecans
- ☐ Raw walnuts (1 small bag)
- ☐ Almonds (1 small bag)

Miscellaneous:

- ☐ Almond milk
- ☐ 1 cans Coconut milk
- ☐ 1 cup shredded coconut
- ☐ ½ cup raisins
- ☐ ½ cup dried apricots
- ☐ ¼ cup cranberries
- ☐ 2 cups Chicken stock (low-sodium)

Spices & Fresh Herbs

- ☐ Nutmeg
- ☐ Fresh cilantro
- ☐ Fresh parsley

Items You SHOULD ALREADY Have (replace as necessary)

- ☐ Extra Virgin Olive Oil
- ☐ Cold-Pressed Coconut Oil
- ☐ Almond Butter or Cashew Butter
- ☐ Cinnamon
- ☐ Cumin
- ☐ Rosemary
- ☐ Pink Himalayan Salt
- ☐ Freshly Ground Pepper
- ☐ Pumpkin Seeds
- ☐ Balsamic Dressing *(recipe page 3)*