

# 2016 Challenge: Grocery List Week 3

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## Vegetables:

- ☐ 2 heads of garlic
- ☐ 1 medium onion
- ☐ 2 tomatoes
- ☐ 1 medium carrot
- ☐ 2 green pepper
- ☐ 2 red or yellow bell peppers
- ☐ 1 whole fresh broccoli
- ☐ 1 small container sprouts
- ☐ 3-4 zucchini
- ☐ 1 cup Cherry tomatoes
- ☐ 1 small butternut squash
- ☐ 1 bunch of celery
- ☐ 1 Spaghetti Squash
- ☐ **Veggies** for 4 salads/wraps + 2 snacks/sides + 3-5 cups veggies to steam as a side (*organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.*)
- ☐ **Lettuce** – for 3 green salads + 1-2 wraps (I prefer arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
- ☐ 5-6 cups organic baby spinach

## Fruit: (Organic as much as possible)

- ☐ 1 Haas Avocados
- ☐ 5 lemons
- ☐ 5 Ripe bananas
- ☐ 3.5" of ginger root (*optional~mojo*)
- ☐ Frozen Cherries
- ☐ 1 cup fresh berries

## Meat & Protein:

- ☐ 1 ounce pancetta
- ☐ 4-8 ounces sliced turkey
- ☐ 8-12 oz. protein of choice (chicken, fish, turkey)
- ☐ 2 pound of grass-fed (and finished) ground beef

## **Fish & Seafood:**

- ☐ 8-12 ounces wild-caught shrimp
- ☐ 2 trout fillets (12-16 oz total)

## **Eggs & Dairy:**

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

## **Nuts and Seeds:**

- ☐ ½ each raw cashews, pecans & almonds
- ☐ ¼ cup roasted unsalted almonds

## **Miscellaneous:**

- ☐ Ghee
- ☐ Almond milk
- ☐ 1 can coconut milk
- ☐ 15 oz can tomato sauce
- ☐ 3 cups of beef broth
- ☐ Trader Joes frozen Cauliflower Rice
- ☐ ¼ cup sundried tomatoes

## **Spices & Fresh Herbs:**

- ☐ 1 large bunch fresh basil

## **Items You SHOULD ALREADY Have (replace as necessary):**

- ☐ Almond or Cashew Butter
- ☐ Cold-Pressed Coconut Oil
- ☐ Extra Virgin Olive Oil
- ☐ Balsamic Dressing (*recipe page 3*)
- ☐ Raw Chopped Nuts / Walnuts (1/2 cup)
- ☐ Cinnamon
- ☐ Pink Himalayan Salt

# 2016 Challenge: Grocery List Week 4

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## 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
- ☐ 1 fennel 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*)