

Grocery List ~ Week 1

Vegetables:

- 1 Garlic (4 clove)
- 1 Shallot
- 2-3 Onions
- Fresh or Frozen broccoli
- 1 Capsicum (red preferred)
- 1 Zucchini
- 1 Spaghetti squash
- Small bag of baby carrots (2 cup)
- 3 Plum tomato (plus anything you want for your salads- see below)
- 1 head of fresh Romaine Lettuce (for wraps)
- 2 bags Spinach
- 1-2 bunches of Purple/Green Kale ~ for Kale Chips and/or Immune Smoothie
- Lettuce** – for 5-6 salads (I prefer arugula/spinach/mixed greens)
- Veggies** you want for your 9 salads & wraps (organic as much as possible: Tomatoes, mushrooms, capsicum, cucumber, onion, carrots, broccoli, cauliflower, etc.)

Fruit: (Organic as much as possible)

- 3 Bananas
- 2-3 Lemons
- Blueberries (1 small package) for Saturday
- 1 Avocado
- For smoothies, your choice of frozen: strawberries, blueberries, mango, pineapple, papaya, orange (4-5 cups of frozen fruit worth TOTAL)

Meat:

- 300g slices of thick turkey (coles or woolies in the deli section)
- 750g ground turkey meat
- Small package of nitrate free bacon (can sub 60g sliced organic turkey if you prefer for Frittata)

Fish & Seafood:

- 2 cans tuna fish (packed in water)
- 2 (150g) Filets of Salmon (**Ask for skin off**. Wild salmon and **not** previously frozen if possible.)

Eggs:

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

Nuts & Seeds:

- 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 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
- 1/4 cup of Pecans for Saturday

Miscellaneous:

- | | |
|--|---|
| <input type="checkbox"/> Almond Butter (100% almonds if possible) | <input type="checkbox"/> Honey Mustard |
| <input type="checkbox"/> Cold-Pressed Coconut Oil | <input type="checkbox"/> Raw Organic Honey OR Coconut Sugar |
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> 1 Jar of Tomato Sauce |
| <input type="checkbox"/> Aged Balsamic vinegar – (no high fructose corn syrup) | <input type="checkbox"/> 1 Can of Organic Pumpkin |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> 1 package almond meal, aka: almond flour |
| <input type="checkbox"/> (Optional) Bottle of white wine | <input type="checkbox"/> 1 can chopped tomatoes |
| <input type="checkbox"/> Dijon mustard (no high fructose corn syrup) | <input type="checkbox"/> Vanilla Extract (NO HFCS) |
| | <input type="checkbox"/> Baking Soda |
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- (Optional) – for Choc & Coconut Superfood Shake: Coconut milk OR almond milk, Cacao (raw, unprocessed), goji berries, protein powder, supergreens, coconut butter

Spices:

- | | |
|--|--|
| <input type="checkbox"/> Pink Himalayan Sea Salt | <input type="checkbox"/> Pumpkin Pie Spice |
| <input type="checkbox"/> Freshly Ground Pepper | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Dried Onion Powder | <input type="checkbox"/> Ground Ginger |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Cayenne or Red Pepper Flakes |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Dried Parsley | <input type="checkbox"/> Cinnamon |

Fresh Herbs:

- Fresh Flat Leaf Parsley

Tea & Coffee (only after Wed this week):

- (Optional)** Green tea or other teas. (Tea bags ONLY & organic if possible)
- (Optional)** Coffee (use coconut milk or almond milk ONLY as creamer.) NO sweetener allowed.

Supplements: See the Success Manual for more info on Supplements

- Protein Powder (I use Gen-tec Macro Pro 7 which is fortified with vita greens, colostrum for gut health, and bromelain and glutamine for immune function).
- 1 Protein Bar OR you can make one of the homemade bars:
 - **Homemade 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

- **Homemade 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

(Optional) SuperGreens

Notes: The grilled pork chops for Sunday evening will be on the Week 2 Grocery List to preserve freshness!