

## *Grocery List ~ Week 2*

### *Vegetables:*

- 1 Garlic
- 4 Onions
- 1 Head fresh broccoli
- Fresh asparagus
- 2 capsicum (red preferred)
- 1 Stalk of celery
- 3 Zucchini
- 1 Yellow Squash
- 1 Sweet Potato
- 1 Yellow turnip
- 1 Jalapeno
- 3 Large Carrots
- 2 Tomato (PLUS any extra you want for your 4 salads)
- ½ cup mushrooms (OPTIONAL for Sat)
- 1 head of fresh Romaine Lettuce (for 1 wrap + 1 salad)
- Lettuce – for 2 more salads (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
- 2 bags + 500g Spinach
- Veggies you want for your **4-5** salads/wraps & lunches (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

### *Fruit:* (Organic as much as possible)

- 1 apples
- 2 bananas
- 1 grapefruit
- 2 lemons
- 1 lime
- 2 Mangos
- 2 kiwi
- 1 Peach
- For smoothies, your choice of frozen: strawberries, blueberries, mango, pineapple, papaya, orange (5 cups of frozen fruit worth TOTAL)
- 4 Avocados

### *Meat:*

- 120g thick slices of turkey (Harris Farm, About Life) ~ OPTIONAL- can sub 120g pre-cooked Chicken (free-range if possible)
- 500g to 1kg of Strip Steak for Sat (can sub chicken breast)
- 2 boneless/skinless chicken breast (free range & antibiotics/hormones free)
- 2 Pork Chops with Large Tenderloin
- Small package of nitrate free bacon (*if need to replenish*)

### *Fish & Seafood:*

- 1 Package of Smoked Salmon (120g total)
- 2 cans Tuna

### *Eggs:*

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

## *Miscellaneous:*

- 150g PLAIN Greek Yogurt
- For Choc & Coconut Superfood Shake: Coconut milk OR almond milk, Cacao (raw, unprocessed), goji berries, supergreens (see supplements), coconut butter Coconut milk **OR** Almond Milk (*If need to replenish*)
- OPTIONAL for Paleo Mayo** (can sub 1 Tbs. Greek Yogurt instead for Avo Egg Salad): Fresh Basil, Dry Mustard (if you don't already have it), and 1 lemon

## *Spices:*

- Cayenne pepper (if you DON'T already have it)

## *Fresh Herbs:*

- 1 bunch Fresh Dill
- 1 bunch coriander (for Salsa this Sun)

## *Supplements:*

- 1 Protein Bar

## *Ingredients you should ALREADY have...*

- 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)
- (Optional) SuperGreens
- Fish Oil

### **Replenish your Trail Mix & Protein Bars as necessary:**

- 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 raisons
- PROTEIN BAR 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
- PROTEIN BAR 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

## *Ingredients you should ALREADY have contd...*

- Cold-Pressed Coconut Oil (I usually get Artisana or Spectrum Naturals from WF)
- Extra Virgin Olive Oil
- Aged Balsamic vinegar – (no high fructose corn syrup)
- Apple Cider Vinegar
- Honey Mustard (organic if possible)
- Raw Organic Honey OR Coconut Sugar
- Coffee and/or Tea bags (OPTIONAL)

*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 <b>or</b> Red Pepper Flakes |
| <input type="checkbox"/> Basil                   | <input type="checkbox"/> Oregano                             |
| <input type="checkbox"/> Dried Parsley           | <input type="checkbox"/> Cinnamon                            |