

Grocery List ~ Week 3

Vegetables: (Organic as much as possible)

- 1 Garlic
- 2 Onion + 1 red onion
- 1 Head broccoli
- 1 Zucchini
- 2-3 cups Brussels Sprouts
- 2 Yellow turnips
- 4 Plum tomatoes (PLUS any extra you want for 4-5 salads/wraps)
- 1 Bunch asparagus (fresh or frozen)
- 1 Head cauliflower (for Sat)
- Lettuce – for 3 salads & 1 wrap** (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg.
- Spinach** – 240g +1 bags (smoothies & Frittata)
- Veggies you want for your **4 salads/wraps** (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 (red)
- 2 pieces of fruit of choice (plum, peach, etc.)
- For smoothies, choice of frozen: mango strawberries, blueberries, pineapple, papaya, orange (3-4 cups of frozen fruit TOTAL)
- 2 Avocados
- 3 lemons

Meat:

- 250g lean meat for Salads (can get sliced turkey from the deli in About Life or Harris Farm, OR you can use pre-made chicken, turkey burger, etc.)
- 4 boneless/skinless chicken breast (free range & antibiotics/hormones free)
- Small package of nitrate free bacon (*IF you need to replace*)
- 1 (or 2!) x 500g pork tenderloin (you may want to double this recipe!)

Fish & Seafood:

- 1 can Tuna
- 2 x 150g Salmon Steaks (Boneless & Skinless. Try to get wild and NOT previously frozen)

Eggs:

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

Miscellaneous:

- 120g Greek Plain Yogurt
- Dijon Mustard
- 1 container Chicken Stock (low sodium) for Mashed Cauliflower & Yellow Turnip
- (*Optional – if need to replace*) – for Choc & Coconut Superfood Shake): Coconut milk OR almond milk, Cacao (raw unprocessed cocoa), goji berries, coconut butter

Fresh Herbs:

- Fresh Rosemary (not optional)
- Fresh Thyme / (or dried- you should already have dried)
- Fresh Flat Leaf Parsley

Supplements:

- 2 Protein Bars

*Ingredients you should **ALREADY** have:* items in bold- you will need for this week

- 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) Super Greens
- Almond Butter**

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
- Almond Butter** (100% Almond if possible)
- Cold-Pressed Coconut Oil
- Extra Virgin Olive Oil**
- Aged Balsamic vinegar – (no high fructose corn syrup)**
- Apple Cider Vinegar**
- Bottle of white wine
- Honey Mustard (organic if possible)**
- Raw Organic Honey OR jar of Coconut Sugar
- 1 Jar of Tomato Sauce

- 1 package almond meal, aka: almond flour
- 1 can chopped tomatoes
- Vanilla Extract (NO HFCS)
- Baking Soda
- Coffee and/or Tea bags (OPTIONAL)

Spices: items in bold- you will need for this week

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