

# *Grocery List ~ Week 4*

## *Vegetables:*

- 1 Garlic
- 2 Onion
- 1 Broccoli
- 1 Red capsicum + 1 yellow capsicum
- 1 Spaghetti Squash
- 7 Roma Tomatoes (PLUS any extra you want for 3 salads)
- OPTIONAL:** 1 bunch of Purple/Green Kale ~ for Immune Smoothie
- Lettuce** – for 3 salads (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.
- 1-2 bags of Spinach (for 4-5 smoothies)**
- Veggies you want for your 3 salads/wraps** (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

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

- 1 apple
- 2 bananas
- 1 grapefruit
- ½ rock melon OR honeydew (can get pre-cut)
- 1 small package fresh blueberries
- 1/2 Fresh Pineapple
- For smoothies, choice of frozen: mango strawberries, blueberries, pineapple, papaya, orange (4-5 cups of frozen fruit TOTAL)
- 4 Avocados
- 2 lemons
- 1 lime

## *Meat:*

- 240g lean meat for Salad (sliced turkey from the deli section at Harris Farm OR you can use chicken, turkey burger, etc.)
- 500g of boneless/skinless chicken breast (free range & antibiotics/hormones free)
- Small package of nitrate free Bacon OR Turkey Bacon (**IF you need to replace**)

## *Fish & Seafood:*

- 1 x 120g Package of Smoked Salmon
- 14 Large Prawns (shelled & deveined with the tail on) (about 500g)
- 250g Fresh Cod Fillet

## *Eggs:*

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

## *Miscellaneous:*

- Ezekiel Bread!
- 2 x Greek Yogurt (Plain)
- 1 can of Pumpkin (coles)
- ¼ cup Raw Pecans for Pumpkin Pancakes (Optional)
- 500ml of seafood stock
- ¼ Cup of White Wine- if you don't already have it at home
- (8) Bamboo Skewers or other skewers if you don't already have them
- Optional** – for Choc & Coconut Superfood Shake: Coconut milk OR almond milk, Cacao (raw unprocessed cocoa), goji berries, coconut butter (different than coconut oil)

## *Fresh Herbs:*

- 1 small bunch Scallions
- Fresh Coriander
- Fresh Parsley

## *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

### **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 raisins
- 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% almonds 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
- Dijon mustard (no high fructose corn syrup)
- Honey Mustard**
- Raw Organic Honey OR jar of Coconut Sugar**
- 1 package almond meal, aka: almond flour**
- Vanilla Extract (NO HFCS)**
- Baking Soda**
- Coffee and/or Tea bags (OPTIONAL)**

*Spices:*

- |   |   |
|---|---|
| <input type="checkbox"/> <b>Sea Salt or Kosher Salt</b> | <input type="checkbox"/> <b>Ground Ginger</b> |
| <input type="checkbox"/> <b>Freshly Ground Pepper</b>   | <input type="checkbox"/> <b>Cumin</b>         |
| <input type="checkbox"/> <b>Paprika</b>                 | <input type="checkbox"/> <b>Cayenne</b>       |
| <input type="checkbox"/> <b>Pumpkin Pie Spice</b>       | <input type="checkbox"/> <b>Cinnamon</b>      |
| <input type="checkbox"/> <b>Cardamom</b>                |   |