Week 3: Grocery List

Vegetables:

* **Greens:** 
  + 11 cups baby spinach
  + 1/2 cup kale leaves (for smoothie- keep extra in freezer)
  + 10 cups mixed greens
* 2 acorn squash
* 4.5 cups broccoli
* 2 carrots
* 1 head cauliflower
* 6 celery stalks *(may have already leftover)*
* 2 cups cherry tomatoes
* 2 cucumbers
* fresh dill (small)
* ½ cup parsley (organic if possible)
* 1 garlic if needed (1 cloves)
* 2-3” stick of ginger (for morning mojo if needed)
* 1-2 green peppers (need 1 + ¼)
* 2 red peppers
* 1 yellow peppers
* 2 Jalapeno peppers
* 1 tomato
* 1-2 yellow onion (need 1 + ¼)
* 3 zucchinis

Fruit: (Organic as much as possible)

* 2 apples
* 1-2 avocados (if you have any leftover, 1 is fine)
* 4 lemons
* 1 cup mixed berries (for yogurt – can use frozen if you prefer)
* **Frozen:** 
  + 2 cups blueberries
  + 2 cups strawberries

Meat & Other Protein:

* 10 oz. beef tenderloin
* 1 lb. turkey sausage
* 1.5 lbs. organic chicken sausage
* 5 oz. PRE-COOKED chicken breast

Fish & Seafood:

* 10 oz. Halibut fillets

Eggs, Dairy, & Nut Milks:

* 2 eggs *(organic, free range, & hormone/antibiotic free if possible)*
* 2 cups plain Greek yogurt
* 3 cups unsweetened almond milk (box)

Nuts and Seeds:

* small container hemp seeds

Spices:

* Dried Thyme
* Oregano

Items You Should ALREADY HAVE (replace as necessary):

* Vanilla Protein Powder
* Pink Himalayan Salt / Sea Salt
* Fresh Ground Pepper
* Chili Powder
* Cinnamon
* Cumin
* Almond Butter
* Chia Seeds
* Pumpkin Seeds
* Almonds
* Cashews
* Walnuts
* Balsamic Vinegar
* Dijon Mustard
* Extra Virgin Olive Oil
* Coconut Oil (small jar)