Week 4: Grocery List

Vegetables:

* **Greens:** 
  + 3 cups baby spinach
  + 1 head green lettuce
  + 3 cups mixed greens
* 3 cups asparagus
* small basil leaves
* 1/2 cup broccoli *(may have leftover from last week)*
* 3 carrots
* 6 celery stalks *(may have already leftover)*
* 2.5 cups cherry tomatoes
* 1/2 cucumber *(may have leftover from last week)*
* 1 garlic if needed (3 cloves)
* 4 cups green beans
* 2-3” stick of ginger (for morning mojo if needed)
* 1 green pepper
* 1 red pepper
* 1 yellow pepper
* 1 red onion
* 5 tomatoes
* 2-3 yellow onion (need 1 + ¼)
* 5 zucchinis

Fruit: (Organic as much as possible)

* 3 apples
* 3 avocados
* small container blueberries (freeze if leftover)
* 3-4 lemons
* **Frozen:** 
  + 1/2 cup pineapple
  + 1 cup strawberries
  + 1/2 cup mixed berries
  + 1.5 cups blueberries

Meat & Other Protein:

* 1 lb. 93% lean ground turkey
* 20 oz. chicken breast (raw)
* 5 oz. PRE-COOKED chicken breast

Fish & Seafood:

* 20 oz. salmon fillets

Eggs, Dairy, & Nut Milks:

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

Items You Should ALREADY HAVE (replace as necessary):

* Vanilla Protein Powder
* Ezekiel Bread (freezer isle)
* Pink Himalayan Salt / Sea Salt
* Fresh Ground Pepper
* Dried Thyme
* Red Pepper Flakes
* Almond butter
* Almond flour
* Chia Seeds
* Hemp Seeds
* Almonds
* Cashews
* Walnuts
* Trail Mix
* Apple Cider Vinegar
* Balsamic vinegar
* Dijon Mustard
* Extra virgin olive oil
* Coconut oil (small jar)
* Honey