Week 5: Grocery List

Vegetables:

* **Greens:** 
  + 1 lb. baby spinach
  + 5 cups kale leaves
  + 3 cups mixed greens
* 4 cups broccoli
* 3 carrots
* 4 celery stalks *(may have already leftover)*
* 1/2 cup cherry tomatoes *(may have already leftover)*
* 2 cucumbers
* 1-2 garlic (10 cloves)
* 2-3” stick of ginger
* 1 red pepper
* 3 sweet potatoes
* 1 yellow onion
* 2 zucchinis

Fruit: (Organic as much as possible)

* 2 apples
* 2 bananas
* 2 avocados
* 4 lemons
* **Frozen:** 
  + 1 cup blueberries
  + 3 cups strawberries
  + 1/2 cup mixed berries

Meat & Other Protein:

* 1 lb. extra lean ground chicken
* 2 lbs. pork tenderloin
* 5 oz. PRE-COOKED chicken breast
* 2 oz. prosciutto (deli)

Fish & Seafood:

* 1 can tuna

Eggs, Dairy, & Nut Milks:

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

Miscellaneous:

* hummus *(you may have some in freezer from week 1)*
* maple syrup (raw)
* chicken broth (box)
* 1/3 cup tomato paste
* 1 cup oats (gluten-free)

Spices:

* Dried Rosemary
* Ground Mustard

Items You Should ALREADY HAVE (replace as necessary):

* Vanilla Protein Powder
* Ezekiel Bread (freezer isle)
* Pink Himalayan Salt / Sea Salt
* Fresh Ground Pepper
* Chili Powder
* Cinnamon
* Paprika
* Thyme (dried)
* Almond butter
* Almonds
* Chia Seeds
* Hemp Seeds
* Ground Flax Seeds
* Pumpkin Seeds
* Walnuts
* Trail Mix
* Apple Cider Vinegar
* Dijon Mustard
* Extra Virgin Olive Oil
* Coconut Oil (small jar)
* Honey