



# WEEK 3 SHOPPING LIST



## VEGETABLES:

- 1 head of Garlic
- 1 Sweet Onion
- 1 Red Onion
- 3 Tomatoes
- 4 Carrots
- 1 Red Bell Pepper
- 1 Green Pepper
- Small container Fresh Sprouts
- 1 Sweet Potato
- 1 large Butternut Squash (2.5-3 lbs)
- 1 small fresh Broccoli
- 1 Zucchini
- 1/2 Fennel bulb
- 1 Jalapeno (optional, for chicken)
- 1 head Butter Lettuce
- Veggies for 3 salad wraps + 4 snacks (organic as much as possible: tomatoes, mushrooms, red peppers, cucumber, onion, carrot, broccoli, cauliflower, etc.)
- Lettuce for 4 green salads (arugula/spinach/mixed greens, anything except iceberg lettuce)
- 1.75 lbs Baby Spinach
- 1 cup Arugula

## FRUIT (organic as much as possible):

- 4 Apples
- 1 Pear
- 3 Hass Avocados
- 5 Lemons
- 1 Lime
- 2 Bananas
- 3.5" of Ginger Root (optional: mojo)
- Small bag of Red Seedless Grapes
- For smoothies, your choice of frozen berries (we suggest: 1 cup mixed berries, 1/2 cup blueberries)

## MEAT & PROTEIN:

- 3/4 lb. nitrate-free Bacon
- 8-16 oz pre-cooked protein of choice (chicken, fish, turkey)
- 8-16 oz pre-cooked Sliced Turkey
- 1 lb. organic Chicken Breast
- 8-16 oz. chopped Chicken Breast (pre-cooked)



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## FISH & SEAFOOD:

- 4 oz. Smoked Salmon
- 2 x 6 oz. Salmon Fillets

## EGGS & DAIRY:

- 6 Eggs (*organic, free-range, hormone/antibiotic free, if possible*)

## NUTS & SEEDS:

- Raw Walnuts (1 small bag)
- Almonds (1 small bag)
- 1/4 cup quinoa
- 1/4 cup Brown Rice
- 1/4 cup Red Rice
- 1/4 cup toasted Pine Nuts

## MISCELLANEOUS:

- 1.5 cups Unsweetened Vanilla Almond Milk
- 1.5 cups Coconut Milk
- 1 can Chickpeas
- 1 Jar Roasted Red Peppers
- 1 Jar Marinated Artichoke Hearts
- 2 cups Chicken Stock (*low-sodium*)

## SPICES & FRESH HERBS:

- Nutmeg
- Fresh Cilantro
- Fresh Parsley



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## ITEMS YOU SHOULD ALREADY HAVE (replace as needed) :

- Protein Powder (*Vanilla/Chocolate*)
- Extra Virgin Olive Oil
- Cold-Pressed Coconut Oil
- Raw Honey or Stevia
- Cinammon
- Cumin
- Rosemary
- Pink Himalayan Sea Salt
- Freshly Ground Pepper
- Pumpkin Seeds
- Balsamic Dressing (*recipe on pg.8 of recipe guide*)