



WEEK 2 SHOPPING LIST



VEGETABLES:

- 2 heads of Garlic
- 1 medium Onion
- 2 Tomatoes
- 1 medium Carrot
- 1 Green Pepper
- 2 Red or Yellow Bell Peppers
- 1 cup Fresh Sprouts
- 1 whole fresh Broccoli
- 1 small container Sprouts
- 3-4 Zucchini
- 1 Cucumber
- 1 cup Cherry Tomatoes
- 1 small Butternut Squash
- 1 Spaghetti Squash
- Veggies for 5 total salads & snacks (*organic as much as possible: tomatoes, mushrooms, red peppers, cucumber, onion, carrot, broccoli, cauliflower, etc.*)
- Lettuce for 5 green salads (*arugula/spinach/mixed greens, anything except iceberg lettuce*)
- 5-6 cups organic Baby Spinach

FRUIT (organic as much as possible):

- 1 Apple
- 3 Haas Avocados
- 5 Lemons
- 1 Lime
- 2 Bananas
- 3.5" of Ginger Root (*optional: mojo*)
- 1.5c up Fresh Berries (*need 1/4 cup blueberries, raspberries, blackberries, strawberries*)
- For Smoothies, your choice of frozen berries (*we suggest: 1/2 cup mixed berries, 1/2 cup blackberries, 1/2 cup blueberries*)

MEAT & PROTEIN:

- 1 oz. Pancetta
- 4-8 oz. Sliced Turkey
- 8-12 oz. protein of choice (*chicken, fish, turkey*)
- 1 lb. grass-fed (*and finished*) Ground Beef

FISH & SEAFOOD:

- 8-12 oz. wild-caught Shrimp
- 2 Trout Fillets



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EGGS & DAIRY:

- 6 Eggs (*organic, free-range, hormone/antibiotic free, if possible*)
- 2 servings full-fat Greek Yogurt

NUTS & SEEDS:

- 1/4 cup Oat Groats
- 1/4 cup Steel-Cut Oats
- 1/4 cup Pecans
- 1/4 cup roasted unsalted Almonds
- Quinoa (*if you don't have any left*)

MISCELLANEOUS:

- Grass-Fed Butter
- 1 cup Almond Milk
- 1/2 cup of Pure Pumpkin (*can*)
- Unsweetened shredded Coconut
- 1/4 cup Sundried Tomatoes

SPICES & FRESH HERBS:

- 1 tsp. ground Vanilla Beans (*optional - for Overnight Oats*)
- 1 large bunch Fresh Basil
- Fresh Thyme

ITEMS YOU SHOULD ALREADY HAVE (replace as needed) :

- Protein Powder (*Vanilla/Chocolate*)
- Almond Butter (*100% Almonds*)
- Whole Wheat Bread
- Cold-Pressed Coconut Oil
- Extra Virgin Olive Oil
- Balsamic Dressing (*recipe on pg.3 of recipe guide*)
- Maple Syrup
- Chia Seeds
- Pumpkin Seeds
- Raw chopped Nuts/Walnuts (*1/2 cup*)
- Cinnamon
- Pink Himalayan Salt
- Freshly Ground Pepper