

2016 Challenge: Grocery List Week 4

Vegetables:

- 1 garlic
- 1 sweet onion
- 1 red onion
- 3 tomatoes
- 4 carrots
- 1 red bell pepper
- 1 green pepper
- Small container of fresh sprouts
- 1 sweet potato
- 1 large butternut squash (2.5-3 lbs.)
- 1 small fresh broccoli
- 1 zucchini
- 1 fennel bulb ½
- 1 jalapeno (optional- for chicken)
- 1 head Butter lettuce
- Veggies** for 3 salads/wraps + 4 snacks (*organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.*)
- Lettuce** – for 4 green salads + 1 wraps (I prefer arugula/spinach, mixed greens, anything EXCEPT Iceberg lettuce.)
- 1.75 lbs. fresh baby spinach
- 1 cup arugula

Fruit: (Organic as much as possible)

- 4 apples
- 1 pear
- 3 Haas Avocados
- 5 lemons
- 1 lime
- 3.5" of ginger root (*optional~mojo*)
- 2 bananas
- Small bag of red seedless grapes
- For smoothies, your choice of frozen berries** (meal plan suggests: 1 cup mixed berries, ½ cup blueberries)

Meat & Protein:

- 3/4 pound 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 breasts
- 8-16 oz chopped chicken breast (precooked)

Fish & Seafood:

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

Eggs & Dairy:

- 6 eggs (organic, free range, & hormone/antibiotic free if possible)

Nuts and 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 roasted pine nuts

Miscellaneous:

- 1.5 cups Vanilla Unsweetened Almond Milk
- 1.5 cans 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

Items You SHOULD ALREADY Have (replace as necessary)

- Protein Powder (Vanilla / Choc)
- Extra Virgin Olive Oil
- Cold-Pressed Coconut Oil
- Almond Butter (100% almonds)
- Ezekiel Bread (*freezer section*)
- Raw Honey or Stevia
- Cinnamon
- Cumin
- Rosemary
- Pink Himalayan Salt
- Freshly Ground Pepper
- Pumpkin Seeds
- Balsamic Dressing (*recipe page 3*)