

## 6 Week Challenge Grocery List ~ Week 3

### Vegetables: (Organic as much as possible)

- 1 garlic
- 2 sweet onion + 1 red onion
- 1 head broccoli
- 1 Zucchini
- 2-3 cups Brussels Sprouts
- 2 Rutabagas
- 4 Plum tomatoes (PLUS any extra you want for 4-5 salads/wraps)
- 1 bunch Asparagus (fresh or frozen)
- 1 head cauliflower (for Sat)
- Lettuce – for 3 salads & 1 wrap** (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg.
- Spinach** – 8 oz +1 bags (smoothies & Frittata)
- Veggies you want for your **4 salads/wraps** (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

### Fruit: (Organic as much as possible)

- 1 apples
- 2 bananas
- 1 grapefruit (red)
- 2 pieces of fruit of choice (plum, peach, etc.)
- For smoothies, choice of frozen: mango strawberries, blueberries, pineapple, papaya, orange (3-4 cups of frozen fruit TOTAL)
- 2 Haas Avocados
- 3 lemons

### Meat:

- 8 oz. lean meat for Salads (can get in-house roasted tky from Whole food, OR you can use pre-made chicken, turkey burger, etc.)
- 4 boneless/skinless chicken breast (free range & antibiotics/hormones free)
- Small package of nitrate free bacon (*IF you need to replace*)
- 1 (or 2!) x 1 lb. pork tenderloin (hint: you may want to double this recipe!)

### Fish & Seafood:

- 1 can Tuna
- 2 x 5 oz. Salmon Steaks (Boneless & Skinless. Try to get wild and NOT previously frozen)

### Eggs:

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

### Miscellaneous:

- 4 oz. Greek Plain Yogurt

- Dijon Mustard (if you don't already have)
- 1 container Chicken Stock (low sodium) for Mashed Cauliflower & Rutabaga
- (*Optional – if need to replace*) – for Choc & Coconut Superfood Shake): Coconut milk OR almond milk, Cacao (raw unprocessed cocoa), goji berries, coconut butter

### *Fresh Herbs:*

- Fresh Rosemary (not optional)
- Fresh Thyme / (or dried- you should already have dried)
- Fresh Flat Leaf Parsley

### *Supplements:*

- 2 Protein Bars



### *Ingredients you should **ALREADY** have:* items in bold- you will need for this week

- Protein Powder**
- Daily Women's Multi Vitamin**
- (Optional) Super Greens (by Amazing Grass or something similar)
- Almond Butter**

#### **Replenish your Trail Mix & Protein Bars as necessary:**

- For Trail Mix #1:** ½ cup ground flax seeds, 1 cup raw pumpkin seeds, 1 cup raw sunflower seeds, 3 cups shredded unsweetened coconut, 4 cups raw slivered almonds, ½ cup unsweetened dried cherries OR Raisins (choose ONLY mix #1 or #2, not both)
- For Trail Mix #2:** 1/2 cup raw walnuts, 1/2 cup almonds, 1/2 cup pecans, 1/2 cup raw pumpkin seeds, 1/2 cup sunflower seeds, 1/4 cup chopped dried apricots, 1/4 cup dried cranberries (sweetened with apple juice), 1/4 cup dried unsweetened blueberries, 1/4 cup dried golden raisins
- PROTEIN BAR Option #1:** You'll need 1.25 cups slivered almonds, 1 cup pecans, 1/3 cup ground flax meal, 7 large Medjool dates, 1/3 cup dried unsweetened cherries, 1/3 cup dried apricots
- PROTEIN BAR Option #2:** You'll need ½ cup slivered almonds, ½ cup chopped pecans, 1/2 cup dried cranberries or blueberries, 1/4 cup unsweetened coconut
- Almond Butter** (100% almonds- I get the 365 brand from Whole Foods)
- Cold-Pressed Coconut Oil (I usually get Artisana or Spectrum Naturals from WF)
- Extra Virgin Olive Oil**
- Aged Balsamic vinegar – (no high fructose corn syrup)** (L) (SEP)
- Apple Cider Vinegar**
- Bottle of white wine
- Honey Mustard (organic if possible)**
- Raw Organic Honey OR jar of Coconut Sugar

- 1 Jar of Tomato Sauce (my fav is Mario Batali Marinara)
- 1 package almond meal, aka: almond flour (at Whole foods)
- 1 (14 oz.) can chopped tomatoes
- Vanilla Extract (NO HFCS)
- Baking Soda
- Coffee and/or Tea bags (OPTIONAL)

*Spices:* items in bold- you will need for this week

- |   |  |
|---|--|
| <input type="checkbox"/> <b>Sea Salt or Kosher Salt</b> | <input type="checkbox"/> Cardamom          |
| <input type="checkbox"/> <b>Freshly Ground Pepper</b>   | <input type="checkbox"/> Ground Ginger     |
| <input type="checkbox"/> Dried Onion Powder             | <input type="checkbox"/> Cumin             |
| <input type="checkbox"/> Garlic Powder                  | <input type="checkbox"/> Cayenne Pepper    |
| <input type="checkbox"/> <b>Thyme</b>                   | <input type="checkbox"/> Red Pepper Flakes |
| <input type="checkbox"/> Basil                          | <input type="checkbox"/> <b>Tarragon</b>   |
| <input type="checkbox"/> Dried Parsley                  | <input type="checkbox"/> Oregano           |
| <input type="checkbox"/> Pumpkin Pie Spice              | <input type="checkbox"/> Cinnamon          |