

6 Week Challenge Grocery List ~ Week 4

Vegetables:

- 1 garlic
- 1 sweet onion + 1 white onion
- 1 Broccoli
- 1 Red Pepper + 1 Yellow Pepper
- 1 Spaghetti Squash
- 7 Roma Tomatoes (PLUS any extra you want for 3 salads)
- OPTIONAL:** 1 bunch of Purple/Green Kale ~ for Immune Smoothie
- Lettuce** – for 3 salads (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
- 1-2 bags of Spinach (for 4-5 smoothies)**
- Veggies you want for your 3 salads/wraps** (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

Fruit: (Organic as much as possible)

- 1 apple
- 2 bananas
- 1 grapefruit
- ½ cantaloupe OR honeydew (can get pre-cut)
- 1 small package fresh blueberries
- 1/2 Fresh Pineapple
- For smoothies, choice of frozen: mango strawberries, blueberries, pineapple, papaya, orange (4-5 cups of frozen fruit TOTAL)
- 4 Haas Avocados
- 2 lemons
- 1 lime

Meat:

- 8 oz. lean meat for Salad (can get in-house roasted tky from Whole food, OR you can use pre-made chicken, turkey burger, etc.)
- 1 pound of boneless/skinless chicken breast (free range & antibiotics/hormones free)
- Small package of nitrate free Bacon OR Turkey Bacon (**IF you need to replace**)

Fish & Seafood:

- 1 x 4oz. Package of Smoked Salmon
- 14 Colossal Shrimp (shelled & deveined with the tail on) (about 1 pound)
- 1/2 lb. Fresh Cod Fillet

Eggs:

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

Miscellaneous:

- Ezekiel Bread! (freezer section)
- 2 x Greek Yogurt (Plain)
- 1 can Organic Pumpkin
- ¼ cup Raw Pecans for Pumpkin Pancakes (Optional)
- 1 small can of Clam Juice
- ¼ Cup of White Wine- if you don't already have it at home
- (8) Bamboo Skewers or other skewers if you don't already have them
- Optional** – for Choc & Coconut Superfood Shake: Coconut milk OR almond milk, Cacao (raw unprocessed cocoa), goji berries, coconut butter (different than coconut oil)

Fresh Herbs:

- 1 small bunch Scallions
- Fresh Cilantro
- Fresh Parsley

Supplements:

- 1 Protein Bar



Ingredients you should **ALREADY** have:

- Protein Powder
- Daily Women's Multi Vitamin
- (Optional) SuperGreens (by Amazing Grass or something similar)

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
- Dijon mustard (no high fructose corn syrup)
- Honey Mustard (organic if possible)**
- Raw Organic Honey OR jar of Coconut Sugar**
- 1 package almond meal, aka: almond flour (at Whole foods)**
- Vanilla Extract (NO HFCS)**
- Baking Soda**
- Coffee and/or Tea bags (OPTIONAL)**

Spices:

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|---|---|
| <input type="checkbox"/> Sea Salt or Kosher Salt | <input type="checkbox"/> Ground Ginger |
| <input type="checkbox"/> Freshly Ground Pepper | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Cayenne |
| <input type="checkbox"/> Pumpkin Pie Spice | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Cardamom | |