Week 1: Grocery List

Vegetables:

* **Greens:** 
  + 1.5 cups baby spinach
  + 7 cups kale leaves
  + 1 cup purple cabbage
  + 4 cups collard greens
* 1 cup alfalfa sprouts
* ¼ cup fresh basil leaves
* 2 beets
* 8 cups broccoli
* 2 cups butternut squash
* 3 carrots
* 1 head cauliflower
* 2 celery stalks
* 3 cups cherry tomatoes
* 1 cucumber
* 1 garlic (7 cloves)
* 2-3” stick of ginger
* 1 green pepper
* 3 red peppers
* 2 yellow peppers
* 1 serrano pepper
* 1 sweet potato
* 1 shallot
* 4 tomatoes
* 1 red onion
* 3 yellow onions
* 3 zucchinis

Fruit: (Organic as much as possible)

* 2 apples
* 4 avocados
* 1 banana
* blueberries
* 4 lemons
* 1 orange
* ½ cup mixed berries (for yogurt – can use frozen if you prefer)
* **Frozen:** 
  + 1 cup blueberries
  + 2 cups strawberries
  + ½ cup mixed berries

Meat & Protein:

* 2 lbs. 93% lean ground turkey
* 15 oz. chicken breast (raw)
* 15 oz. of precooked chicken breast

Fish & Seafood:

* 10 oz. salmon fillets (wild-caught if possible)

Eggs, Dairy, & Nut Milks:

* 5 eggs *(organic, free range, & hormone/antibiotic free if possible)*
* 2 cups plain Greek yogurt
* 3.5 cups unsweetened almond milk (box)

Nuts and Seeds:

* almond butter
* small bag almonds
* small bag raw walnuts
* small bag pumpkin seeds
* small container chia seeds
* small container ground flax seed

Miscellaneous:

* ½ cup hummus (freeze leftover)
* 15 oz. can organic tomato sauce
* 14.5 oz. can organic diced tomatoes
* 4 cups organic chicken broth (box)
* balsamic vinegar
* coconut aminos (small bottle)
* coconut oil (small jar)
* Extra virgin olive oil
* ¼ cup almond flour
* raw honey

Spices:

* Pink Himalayan Salt
* Fresh Ground Pepper
* Cayenne Pepper
* Chili Powder
* Cinnamon
* Cumin
* Paprika
* Red Pepper Flakes

Supplements:

* **Vanilla Protein Powder:** Anything without soy (or lecithin) and has 5-6 ingredients or less is fine. (You can swap for chocolate if you prefer- check the recipes first).