Week 2: Grocery List

Vegetables:

* **Greens:** 
  + 3 cups baby spinach
  + 5 cups kale leaves
  + 6 cups mixed greens
  + 4 cups collard greens
* 1 cup broccoli
* 7 carrots
* 2 celery stalks *(may have already leftover)*
* 2 cups cherry tomatoes
* 3 cucumbers
* 1 garlic (3 cloves)
* 2-3” stick of ginger
* 3 stalks of green onions
* 1-2 green peppers
* 1 cup green beans
* 2 red peppers
* 2 yellow peppers
* 1 Jalapeno pepper
* 2 tomatoes
* 2 yellow onion
* 5 zucchinis

Fruit: (Organic as much as possible)

* 2 apples
* 3 avocados
* 4 lemons
* 2 limes
* 1 cup mixed berries (for yogurt – can use frozen if you prefer)
* **Frozen:** 
  + 1 cup blueberries
  + 1.5 cups cherries
  + 1 cup mixed berries

Meat & Other Protein:

* 1 lbs. 93% lean ground turkey
* 16 oz. chicken breast (raw)
* 8 oz. pork chop

Fish & Seafood:

* 8 oz. smoked salmon
* 1 can Tuna
* 2 cod fillets (5-6 oz. each)

Eggs, Dairy, & Nut Milks:

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

Nuts and Seeds:

* small bag of cashews
* 16 oz. healthy trail mix

Miscellaneous:

* Nutritional Yeast
* Dijon Mustard
* Honey Mustard
* 1 can Black Olives
* 1 can artichoke hearts
* Apple Cider Vinegar
* 1 cup Organic Salsa
* Ezekiel Bread (freezer isle)

Spices:

* Dried Parsley
* Garlic Powder

Items You Should ALREADY HAVE (replace as necessary):

* Vanilla Protein Powder
* Pink Himalayan Salt / Sea Salt
* Fresh Ground Pepper
* Chili Powder
* Cinnamon
* Cumin
* Paprika
* Almond butter
* Chia Seeds
* Pumpkin Seeds
* Walnuts
* balsamic vinegar
* coconut aminos (small bottle)
* Extra virgin olive oil
* coconut oil (small jar)