Week 6: Grocery List

Vegetables:

* **Greens:** 
  + 3 cups baby spinach
  + 8 cups kale leaves
  + 6 cups mixed greens
  + 5 cups collard greens
* 1 cup alfalfa sprouts
* 1 beet
* 6 cups butternut squash
* 3 carrots
* 4 celery stalks *(may already have leftover)*
* 1 cup cherry tomatoes
* cilantro
* 2 cucumbers
* 1 jalapeno pepper
* 3 red peppers
* 1 yellow pepper
* 1 red onion
* 2 sweet potatoes
* 1 white onion
* 3 zucchinis

Fruit: (Organic as much as possible)

* 3 apples
* 2 avocados
* 1 banana
* 1/4 cup blueberries *(can use frozen instead)*
* 4 lemons
* 1 lime
* 4 oranges *(mixed– blood orange, etc.)*
* **Frozen:** 
  + 1.5 cup blueberries
  + 1 cup mixed berries

Meat & Other Protein:

* 1 lb. 93% lean ground turkey
* 2 lbs. PRE-COOKED chicken breast *(or make your own at home)*

Fish & Seafood:

* 20 oz. Halibut Fillets

Eggs, Dairy, & Nut Milks:

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

Miscellaneous:

* Hummus (1.5 cups)

Items You Should ALREADY HAVE (replace as necessary):

* Vanilla Protein Powder
* Unsweetened Almond Milk *(2 tbsps.)*
* Almond flour
* Ezekiel Bread *(freezer isle)*
* Pink Himalayan Salt / Sea Salt
* Fresh Ground Pepper
* Cayenne Pepper
* Chili Powder
* Cinnamon
* Paprika
* Almond butter
* Chia Seeds
* Hemp Seeds
* Ground Flax Seeds
* Cashews
* Walnuts
* Trail Mix
* Apple Cider Vinegar
* Balsamic Vinegar
* Extra virgin olive oil
* Coconut Oil (small jar)
* Honey