1 Person Week 3 Grocery List Detox 2

3 Bananas Smoothie

4 Very ripe bananas 66

1 Lime 56

1 Greens (spinach, chard, kale) Smoothie

1 Lettuce (that can be taco shell) Salads, 56, 59

1 Cilantro 56, salads

1 Cucumber salads, snacks

2 Avocado 52, 56, 58, 59

3-4 Onions 47, 56, 59, 62

1 Green pepper 56

2 Red pepper 56, 62, snacks

2 Handfuls green beans 59, 65

2 Heads Broccoli 50, 62

3 Garlic heads

1 Bag large carrots 47, salads

1 Delicata squash 47

3 Sweet potatoes 47, 59, 62

1 Tomato 59, salads

1 lb grassfed Beef 47

1 lb ground Turkey 59, 62

2 Chicken breast 56

4-5 Chicken thighs 50

1 dozen Eggs 66, breakfast

4 cups Bone broth (pacific) 47

1 jar Salsa (Green Mountain) 56, snacks

1 Tomato paste 62

1 cup Pecans, raw 59, snacks

Hemp seeds Smoothie

Brazil nuts Smoothie

Frozen Blueberries Smoothie, 66

Coconut milk Smoothie

Pantry

Almond flour, ground mustard seed, Apple cider vinegar, yellow mustard (look at ingredients)