2 Person Week 3 Groceries 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

4 Onions 47, 56, 59, 62

1 Green pepper 56

2 Red pepper 56, 62, snacks

3 Handfuls green beans 53, 65

2-3 Heads Broccoli 50, 62

3 Garlic heads

1 Bag large carrots 47, salads

1 Delicata squash 47

1 Spaghetti Squash 53

3 Sweet potatoes 47, 59, 62

3 Tomatoes 46, 59, salads

1 Cherry tomato 45, snacks

2 lb grassfed Beef 46, 47, 53

2 lb ground Turkey 46, 53, 59, 62

4 Chicken breast 56, 59

8 Chicken thighs 50

1 dozen Eggs 45, 66, breakfast

4 cups Bone broth (pacific) 47

1 jar Salsa (Green Mountain) 56, snacks

2 Tomato paste 53, 62

1 diced Tomato 53

1 cup Pecans, raw 59, snacks

Hemp seeds Smoothie

Brazil nuts Smoothie

Frozen Blueberries Smoothie, 66

Coconut milk Smoothie

Pantry

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