

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 <u>Bone</u> 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)