Week 1 Grocery List

Produce:

* 3 Lemons 6, 12, 16, morning water
* 1 Lime 12
* 1 Organic Apple 13
* 2 dozen Brussels Sprouts 12
* 1 Organic Kale 3, 5
* 1 Organic Romaine Lettuce 2, 5
* 1 bunch Green Onion 2, 9
* 1 bunch Spinach or organic packaged Spinach 1, 3, 5
* 1 Cilantro 9, 12
* 1 Oregano 3, 12
* 2 Red Peppers 3,9
* 5 Avocados 2, 12, 14, 16
* 2 Heads of Garlic dinners
* 6 Bananas smoothies
* 1 large Ginger Root 9 & next week
* 2 Red Onion 3, 6
* 2 Yellow Onion 9, 13
* 3 Sweet Potatoes 3, 13
* 2 Tomatoes 9
* 2 Cauliflowers 15, 16
* 2 container Mushrooms 3, 6
* 1 bag of big Carrots 2, 3, 5, 6, 15
* 1 container of Sprouts 2, 5

Meat

* 2 lbs grass-fed Beef 3, 17
* 2 lbs ground all-natural Chicken or Turkey 3, 17
* 3 all-natural Chicken breast 2, 13, 14
* 8oz Chicken (breast, tender or thigh) 9
* 4 pieces chicken thighs 6
* 2 pieces of salmon (7 oz each) – Recommend waiting to buy Friday 12
* 1 whole all-natural Chicken 15

Grocery

* Brazil Nuts (18-bulk section) 16, smoothies
* Walnuts (1/2 cup-bulk section) 16, 17
* 1 carton Coconut Milk (unsweetened, near refrigerated milk) smoothies
* 1 bag frozen organic or wild Blueberries 17, smoothies
* 1 bag frozen organic Peas 9