Week 3 Grocery List

Produce:

* 2 Lemon 41, 56
* 1 Organic Apple 52 (1 apple/ person on detox)
* 1 bunch Green Onion 40, 43, 56
* 1 bunch Spinach or organic packaged Spinach 55, 60, smoothies
* 1 bunch of Asparagus 41
* 1 bunch of Basil 50, snacks
* 1 Broccoli 44
* ½ pound, 4 handfuls snap peas 40, 43, snacks
* 1 bunch organic Lettuce 40, 43, 55
* 12 Brussels sprouts 47
* 4 Avocados 40, 42, 43, 51, 54
* 2 organic yellow summer squash 47
* 2 Red Onions 44, 47
* 2 Sweet Potatoes 41, 47
* 1 Organic Cherry Tomato container 60, snacks
* 3 handfuls Green Beans 47, 59
* 2 Cauliflower 44, 56
* 1 bag of big Carrots 44, snacks
* 1 organic Celery 56
* 2 Portobello Mushroom caps per person doing detox 53

Meat

* 2 pound ground beef or turkey 44, 59
* 6 all-natural Chicken breast 40, 43, 49, 50
* 1 lb grass-fed beef chuck roast
* 2 Steaks 47
* 2 Dozen Eggs 51, 54, 56, 59, 60
* Kerry Gold Butter 47 (in deli near special cheeses, silver cover)
* 2 Haddock 41

Grocery

* 3 cups Pecans (from bulk) 56, 59
* 8 oz raw sunflower seeds 40, 43, 55
* 1 container frozen spinach 59
* 1 bag frozen organic Green Peas 44
* 1 carton Coconut Milk smoothies

Check that you have the following at home:

* Can salmon
* Broth
* Quinoa
* Coconut Oil
* Garlic
* Apple Cider Vinegar
* 1/2 cup walnuts (about 30 halves)
* Smoothie Ingredients