Week 1 Groceries (Plus the pantry list)

* 9 Bananas Smoothies
* 3 Lemons 18, Add to water
* 1 Lime 3
* 1 Apple 19
* 4 Avocado 2, 8, 14, 19
* 1 head of Broccoli 9
* 1 Bunch Spinach Smoothies
* 1 Bunch of Kale 6, 9
* 1 Head of Romaine Lettuce 2, 3, 5, 12
* 1 bunch Green Onions / Chives 2, Ranch
* 2 Cucumbers 8, 14, salads
* 3 Bell Peppers 3, 6, 8, 14, salads, snacks
* 2 Tomatoes 3
* 3 Yellow Onions 19, Ranch, other dinners
* 3 Red Onions 3, 6
* 3 Heads of Garlic
* 1 small chunk of Ginger 9
* 2 large Sweet Potato 6, 19
* 1 bunch of Basil 3, Ranch
* 1 small box Mushrooms 6
* 1 bag Snap Peas 8, 14, snacks
* 1 bag Carrots 6, 8, 21, snacks, salads
* 1 Spaghetti Squash 15
* 12 Chicken Breast 2, 3, 9, 14, 19
* 1 package Chicken Thighs 18
* 2lb Grass-fed Beef 15, 23
* 2 lb ground Chicken or Turkey 6, 23
* 1 whole Chicken 21
* 1 Almond Butter 9
* 2 Coconut Milk (SO delicious green or any unsweetened coconut or almond milk)
* 1 bag Frozen Wild or Organic Blueberries Smoothies
* 1 bag Frozen Cherries Smoothies
* 1 bag Frozen Peas 9