Week 1 Grocery List

Produce:

* 2 Lemons 20, morning water
* 1 Organic Apple 19, 23
* 1 dozen Brussels Sprouts 18
* 1 Organic Kale 6, 15, salads
* 1 Romaine Lettuce 2, 11, 14, salads
* 1 bunch Green Onion
* 1 bunch Spinach or organic packaged Spinach 3, 5, 15, smoothies
* 1 Cilantro
* 1 Oregano
* 1 Basil
* 2 Red Peppers 3, 6, 20, snacks
* 3 Avocados 2, 5, 11, 14, 19, 20, 23
* 3 Heads of Garlic dinners
* 3 Bananas smoothies
* 1 large Ginger Root 3, 9 & next week
* 1 Red Onion 6
* 2 Yellow Onion
* 2 small Sweet Potatoes 6, 19, 23
* 1 packs Grape Tomatoes 3, 20, chicken salads
* 1 container Mushrooms 6
* 1 bag of big Carrots 6, 15, 21, snacks
* 1 container of Sprouts lunch and salads

Meat

* 1 lb grass-fed Beef or Turkey 6
* 4 all-natural Chicken breast 2, 3, 5, 11, 14, 19, 23
* 1 whole all-natural Chicken 21

Grocery

* Brazil Nuts (1-2 dozen -bulk section) smoothies
* Raw Cashews (1 cup-bulk section) 22
* 1 carton Coconut Milk (unsweetened, near refrigerated milk) smoothies
* 1 bag frozen organic or wild Blueberries 5, 23, smoothies
* 1 bag frozen organic Peas 3, 15
* 16 oz frozen spinach 22
* 1 cup walnuts 23

Pantry:

1 can coconut milk (3), 16 oz bone broth (6), Kelp Noodles (15), Almond Butter, Apple Cider Vinegar, Coconut Aminos, 2 cans Artichokes (22), Olives (20), Coconut butter/ manna, Dried Coconut