Week 1 Grocery List

Produce:

* 4 Lemons 12, 18, 20 + morning water
* 1 Lime 18
* 1 Organic Apple 19
* 2 dozen Brussels Sprouts 18
* 1 Organic Kale 6 + add to salads
* 1 Organic Romaine Lettuce 2, 14 + add to salads
* 1 bunch Green Onion 3, 12
* 1 bunch Spinach or organic packaged Spinach 8, 9 + smoothies
* 1 Cilantro 3, 18
* 1 Oregano 12, 18
* 1 Sage 19. 23
* 1 Basil 12, 20
* 2 Red Peppers 3,6, 20
* 5 Avocados 2, 8, 14, 18, 20
* 3 Heads of Garlic needed often
* 6 Bananas smoothies
* 1 large Ginger Root 3, 9 & next week
* 2 Red Onion 6
* 3 Yellow Onion 3, 9, 12, 15, 19
* 3 Sweet Potatoes 6, 19
* 1 Spaghetti Squash 15
* 1 Cherry Tomatoes 3, 9, 20
* 1 Cauliflowers 21
* 1 container Mushrooms 6
* 1 bag of big Carrots 6, 9, 21
* 1 container of Sprouts 2, 14 + salads

Meat

* 3 lbs grass-fed Beef 6, 15, 23
* 1 lb ground all-natural Chicken or Turkey 23
* 7 all-natural Chicken breast 2, 8, 12, 14, 19, 20
* 8oz Chicken (breast, tender or thigh) 3
* 1 whole all-natural Chicken 21
* 2 pieces of salmon (7 oz each) – Recommend waiting to buy Friday 18

Grocery

* Brazil Nuts (18-bulk section) smoothies
* Walnuts (1/2 cup-bulk section) 23
* Cashews (1 cup – bulk section) 22
* 1 carton Coconut Milk (unsweetened, near refrigerated milk) smoothies
* 1 bag frozen organic or wild Blueberries 23 + smoothies
* 1 bag frozen organic Peas 3, 9
* 16 oz frozen spinach 22