Week 1 Grocery List

Produce:

* 2 Lemons morning water
* 1 Lime 18
* 2 dozen Brussels Sprouts 18
* 1 Organic Kale 6, 15 + add to salads
* 1 Organic Romaine Lettuce add to salads
* 1 bunch Green Onion 3, 12
* 1 bunch Spinach or organic packaged Spinach 3, 9 + smoothies
* 1 Cilantro 3, 18
* 1 Oregano 12, 18
* 1 Basil 12, 20
* 2 Red Peppers 3, 6, 20 + snacks
* 3 Avocados 12, 17, 20
* 3 Heads of Garlic needed often
* 6 Bananas 23 + smoothies
* 1 large Ginger Root 3, 9 & next week
* 1 Red Onion 6
* 3 Yellow Onion 3, 9, 15, 19, 21
* 2 Sweet Potatoes 6, 19
* 1 Spaghetti Squash 15
* 1 Cherry Tomatoes 3, 9, 20
* 1 Cauliflowers 21
* 2 containers Mushrooms 6, 21
* 2 bag of big Carrots 6, 21 + salads + snacks
* 1 container of Sprouts 2, 8, 12, 17, 20

Protein

* 1 Nosoya firm 19
* 2 pieces of salmon (7 oz each) – Recommend waiting to buy Friday 18

Grocery

* Brazil Nuts (2 dozen-bulk section) smoothies
* Walnuts (3 cups-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 8, 23 + smoothies
* 1 bag frozen organic Peas 3
* 1 bag frozen, shelled, organic Edamame 9
* 16 oz frozen spinach 22