Week 2 Grocery List

Produce:

* 2 Lemons 42, morning water
* 1 Lime Salsa
* 1 Organic Apple 41
* 1 Rainbow Swiss Chard 24, 34, 37 + smoothie
* 1 Organic Lettuce 25, 31, 37
* 1 Broccoli 25, 28
* 2 Handfuls or 1 package snap peas snacks
* 1 Asparagus 43
* 6 Zucchini 28, 45 + snacks
* 2 Red Peppers 34, 37, 42
* 4 Avocados 25, 37, 42, 45
* 4 Tomatoes salsa
* 1 Jalapeño/pepper salsa
* 4 Bananas smoothies
* 1 Red Onion
* 4 Yellow Onion
* 3 Sweet Potatoes 25, 41
* 1 Cauliflowers 34, 37
* 1 bag of big Carrots 24, 34, 40 + snacks
* 1 Celery 24 + snacks
* 1 Cherry Tomatoes 34, 42
* Purple Cabbage 31

Meat

* 2 lbs grass-fed Beef 25, 28, 45
* 4 all-natural Chicken breast 31, 41, 42
* 1 whole all-natural Chicken 15

Grocery

* Brazil Nuts (16-bulk section) smoothies
* Pecans (1 cup) 25, 31
* 1 carton Coconut Milk (unsweetened, near refrigerated milk) smoothies
* 1 bag frozen organic or wild Blueberries smoothies
* 1 bag frozen organic Peas 34, 40

Check to make sure you have from last week:

Sage Garlic

Basil Green Onions

Ginger Cilantro – quite a bit

Pantry Items:

Hemp, Chia, Broth (24), Olives (42), Diced Tomatoes (28), Tomato Paste (28), 1 can coconut milk (34), Kelp noodles (40), Almond Butter (40)