Week 2 Grocery List

Produce:

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

Meat

* 1 lb grass-fed Beef 25, 41
* 1 lb all-natural ground turkey 41, 46
* 1 all-natural Chicken breast 31
* 1/2 lb wild Salmon 43 (wait to buy Friday or Saturday)

Grocery

* Brazil Nuts (15-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 Red onion 37

Basil Green Onions 31, 34

Ginger Cilantro – quite a bit 37, 43

Pantry Items:

Black beans (if you ware using them instead of beef for burgers), coconut milk 1 can (34), kelp noodles (40), almond butter (40), coconut aminos (40)