Week 3 Grocery List

Produce:

* 2 Lemons 62, morning water
* 2 Organic Apples 58
* 1 Spinach salads + smoothie
* ½ lb snap peas 46
* 1 Basil pesto
* 1 Organic Lettuce 62 + salad
* 1 Broccoli 50
* 1 Asparagus 47
* 4 handfuls Green Beans 53, 56
* 12 Brussels Sprouts 53
* 1 Red Peppers 65 + snacks
* 4 Avocados 46, 49, 55, 57
* 2 Bananas smoothies
* 1 Red Onion 50, 30
* 2 Yellow Onion
* 2 Sweet Potatoes 47, 53
* 2 Cauliflowers 50, 62
* 1 bag of big Carrots 24, 34, 40 + snacks
* 2 Garlic
* 1 Cherry Tomatoes 65 + snacks

Meat

* 1 lb Haddock 47
* 1 dozen Free-Range Eggs 56, 57, 62, 63
* 2 lbs grass-fed Beef 50, 56
* 5 all-natural Chicken breast 46, 49, 55, 59
* 2 grass-fed Steaks 53

Grocery

* Kerry Gold unsalted Butter 53
* Pecans (3 cup) 56, 62
* Bulk Walnuts (1 cup) pesto
* Sunflower seeds (2 cups) 46 + salads
* 1 carton Coconut Milk smoothies
* 10 oz frozen Spinach 56
* 1 bag frozen organic Peas 50, 65

Check to make sure you have from last week:

Thyme Ginger

Celery (1 piece) Green Onions

Pantry Items:

Hemp, Chia, Broth (50), Balsamic Vinegar (53), 1 can coconut milk (65), 1 can wild salmon (62), Quinoa (lunch)