Week 3 Grocery List

Produce:

* 2 Lemons 56, 65, morning water
* 1 Organic Apple 61
* Spinach 63 + salads + smoothie
* ½ lb snap peas 46, 55, 58, 64 + snacks
* Basil pesto
* Organic Lettuce salad
* 2 heads of Broccoli 56, 59
* 1 bunch green onions 46, 55, 58, 59, 64
* 1 handful Green Beans 53
* 10 Brussels Sprouts 53
* 2 Avocados 46, 55, 58, 57
* 2 Bananas smoothies
* 2 Red Onion 47, 53, 63
* 1 Yellow Onion
* 1 Sweet Potato 53, 65
* 1 Cauliflower 47, snacks
* 1 bag of big Carrots 47, 58 + snacks
* 2 Garlic
* 1 box cherry tomatoes 63 + snacks

Meat

* 1/2 lb Haddock 65 (Buy Friday or Saturday)
* 1 dozen Free-Range Eggs 57, 56, 59
* 1 lb grass-fed Beef 47
* 3 all-natural Chicken breast 46, 49, 55, 59, 61
* 1 grass-fed Steak 53

Grocery

* Kerry Gold unsalted Butter 53
* Pecans (3 cup) 56, 62 (optional can use almond flour)
* Bulk Walnuts (1 cup) pesto
* Sunflower seeds (1 cup) 46 + salads
* 1 carton Coconut Milk smoothies

Check to make sure you have from last week:

Thyme (47) Ginger Frozen Peas (47)

Celery (1 piece, 56)

Pantry Items:

Hemp, Chia, 1/2 cup Broth (47), Balsamic Vinegar (53), 1 can wild salmon (56), Quinoa (lunch)