Week 3 Grocery List

Produce:

* 2 Lemons 47, 59, 62, morning water
* 2 Organic Apples 58
* 1 Spinach 56, 61 + smoothie
* ½ lb snap peas 46, 55
* 1 Basil pesto
* 1 Organic Romaine Lettuce 55, 56, 61, 62 + salad
* 2-3 heads Broccoli 50, 62
* 2 Red Peppers 55, 56, 65 + snacks
* 3 Zucchini 50, 53
* 3 Avocados 55, 56, 57
* 4 Bananas smoothies
* 2 Yellow Onion 50, 65
* 3 Sweet Potatoes 47, 59
* 1 Cauliflowers 50
* 8 oz Mushroom 50
* 1 bag of big Carrots
* 2 Garlic
* 1 Cherry Tomatoes 59, 65 + snacks
* 1 Green Onion 59, 62, 65
* 1 Celery 62 + snacks

Meat

* 1 lb Haddock 47
* 1 dozen Free-Range Eggs 57, 62, 63

Grocery

* Kerry Gold unsalted Butter 53
* Pecans (1.5 cups) 62
* Cashews (1/2 cup) 59
* Bulk Walnuts (1 cup) pesto + salads
* Sunflower seeds (1 cup) 46 + salads
* 1 carton Coconut Milk 59 + smoothies
* 10 oz frozen Spinach 56
* 1 bag frozen organic Peas 50, 65

Check to make sure you have from last week:

Thyme Ginger

Pantry Items:

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