

## 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)