Week 3

8 Banana Smoothies

1 Lime 65

1 Lemon 50 + Water

1 Swiss Chard or Spinach 56, 63, Smoothies

1 Lettuce Salads

1 Large or 2 small Basil 62, 66

1 Cilantro 56, 65

3 Garlic bulbs

5 Avocado 46, 50, 52, 55, 65

2 Handfuls/1 bad Snap Peas Quinoa + snacks

2 Red Pepper 46, 56, 65

1 Cherry Tomato box 46, 52, 55, 63

8 oz Mushrooms 56

1 Green Onion bunch 46, 52, 55, salads, lunch

3 Yellow Onion

1 Red Onion 47

1 Cauliflower 47

4 Sweet Potato 56, 62

1 Bag big Carrots 47

11 Chicken Breast 46, 50, 52, 55, 62

3 lbs Grass-fed Beef 47, 53, 65

2 lbs ground Turkey or Chicken 53

4 Chicken thighs 56

1 Dozen Eggs 53, 63

12 oz Diced Tomato (Pomi) 53, 56

1 Cup Walnuts 62, 66

1 Cup Sunflower seeds (no salt) Quinoa + salads

1 Carton Coconut Milk Smoothies

Check Leftovers – purchase if you don’t have enough

Ginger Frozen Blueberries (smoothies) 1.5 c Quinoa

Frozen Peas (47) Frozen Cherries (smoothies) Salsa (65)

Coconut flour (53) Almond Butter 1 c Broth (47)