3 Bananas Smoothies

2 Lemons 2, 3, add to water

Check Pantry and Stock Up On:

Chia seeds

Hemp seeds

Coconut butter (coconut manna)

Cacao Nibs

Coconut Oil

Extra Virgin Olive Oil

Pumpkin seeds

Almond flour

Almond butter- trader joes cheap

Ground flax seeds

Sesame seeds

Garlic powder

Onion powder

Bay leaf

Cayenne

Oregano

Paprika

Cumin

Turmeric

Rosemary

Thyme

1 Orange 2

1 Spinach or swiss chard Smoothies

1 Container of spinach 6, salads

1 Lettuce head Salads

2 Bell peppers 9, 21

1 Cucumber Salads + snacks

1 Carrot, large 2, 3, 5, 6, 8, 17

1 Radish bunch 2 + snacks/salads

1 Celery bag/bunch 9 + snacks

1 Green beans, handful 3

1 Green cabbage 18, 21

1 Avocado 5, 11

2 Garlic heads

1 Onion 9

1 Red onion 12, 21

1 Squash (delicate or butternut) 21

1 Cilantro 2, salads

1 Basil 2, 22, salads

1 Fresh sage 19

1 Chives / Green onion 2, 6, salads

1 Ginger root, small 10

1 Cherry tomato, box 22, salads

4-5 lbs Chicken thighs 9

3 lbs Ground Turkey 2, 6, 19

2 lbs Ground beef 2, 19, 21

3 Chicken breast 3, 5, 11

1 Steak 18

Dates, small bag 10

15 Brazil nuts, raw Smoothie

Raw nuts Snacks 2-3 days

2 Cans tomato paste 9, 21

1 15 oz diced tomatoes 9

1 Olive, jar 22, snacks

1 Artichoke heart, can 22

1 Frozen blueberry Smoothie

1 Frozen okra 9

1 Carton coconut milk (SO delicious green)