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| 3 | Bananas | Smoothies |
| 2 | Lemons | 2, 3, add to water |
| 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) | |

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