

2021 Challenge: Grocery List Week 3

Vegetables:

- 2 heads of garlic
- 1 medium onion
- 2 tomatoes
- 1 medium carrot
- 1 green pepper
- 2 red or yellow bell peppers
- 1 cup fresh sprouts
- 1 whole fresh broccoli
- 1 small container sprouts
- 3-4 zucchini
- 1 cup Cherry tomatoes
- 1 small butternut squash
- 1 Spaghetti Squash
- Veggies** for 4 salads/wraps + 2 snacks/sides + 3-5 cups veggies to steam as a side (*organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.*)
- Lettuce** – for 3 green salads + 1-2 wraps (I prefer arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
- 5-6 cups organic baby spinach

Fruit: (Organic as much as possible)

- 1 apple
- 3 Haas Avocados
- 5 lemons
- 1 lime
- 2 bananas
- 1.5 cup fresh berries (need $\frac{1}{4}$ cup blueberries, raspberries, blackberries, strawberries)
- 3.5" of ginger root (*optional~mojo*)
- For smoothies, your choice of frozen berries** (meal plan suggests: $\frac{1}{2}$ cup mixed berries, $\frac{1}{2}$ cup blackberries, $\frac{1}{2}$ cup blueberries)

Meat & Protein:

- 1 ounce pancetta
- 4-8 ounces sliced turkey
- 8-12 oz. protein of choice (chicken, fish, turkey)
- 1 pound of grass-fed (and finished) ground beef

Fish & Seafood:

- 8-12 ounces wild-caught shrimp
- 2 trout fillets (12-16 oz total)

Eggs & Dairy:

- 6 eggs (organic, free range, & hormone/antibiotic free if possible)
- 2 servings full-fat Greek Yogurt

Nuts and Seeds:

- $\frac{1}{4}$ cup oat groats
- $\frac{1}{4}$ cup steel-cut oats (*gluten-free*)
- $\frac{1}{4}$ cup pecans
- $\frac{1}{4}$ cup roasted unsalted almonds
- Quinoa (if you don't have any left)

Miscellaneous:

- Grass-Fed Butter
- 1 cup Almond milk
- $\frac{1}{2}$ cup of Pure Pumpkin (can)
- Unsweetened shredded coconut
- $\frac{1}{4}$ cup sundried tomatoes

Spices & Fresh Herbs:

- 1 Tsp. ground vanilla beans
(optional – for Overnight Oats)
- 1 large bunch fresh basil
- fresh thyme

Items You **SHOULD ALREADY** Have (replace as necessary):

- Protein Powder (Vanilla / Chocolate)
- Almond Butter (100% almonds)
- Ezekiel Bread (*freezer section*)
- Cold-Pressed Coconut Oil
- Extra Virgin Olive Oil
- Balsamic Dressing (*recipe page 3*)
- Maple Syrup
- Chia seeds
- Pumpkin Seeds
- Raw Chopped Nuts / Walnuts (1/2 cup)
- Cinnamon
- Pink Himalayan Salt
- Freshly Ground Pepper