

WEEK 1 SHOPPING LIST

Category	Qty	Grocery	Meal
Produce	3	Apples	Snack
Produce	1 bunch	Asparagus	Th2
Produce	5	Avocado	M1; M2; Tu1;Tu2; Th1; F1; F2; Sa1; Su1
Produce	1 bunch	Basil	W1
Produce	4	Beets	Snack; M1
Produce	2	Bellpeppers	Breakfast; Su2
Produce	2 cups	Brussel Sprouts	Sa2
Produce	2	Carrot (individual large)	Tu2; W2
Produce	bag	Carrots (baby)	Snack; Th2
Produce	1	Cauliflower	W1; Su2
Produce	1 bunch	Cilantro (fresh)	Tu2; F2; Su2
Produce	2 lg	Cucumber	Snack; W1;W2; Sa1
Produce	1 bunch	Green onion	Breakfast;Tu2; Th1; F2
Produce	1	Italian Parsely (fresh)	W1
Produce	1	Jalepeno	F2
Produce	1 bunch	Kale	W2
Produce	6	Lemons	Snack; W1; Sa1; Su1
Produce	1 head	Lettuce (butter)	Sa2; Su1
Produce	1 head	Lettuce (romain)	Tu1; W1; W2; Th1; F1; Su1
Produce	4	Lime	Tu2; F2
Produce	1 cup	Mushrooms	Sa2
Produce	1 head	Napa Cabbage	W1; Th1
Produce	1	Onion (red)	F1
Produce	1	Onion (sweet)	Sa2
Produce	3	Onion (yellow)	Tu2;W2; Su2
Produce	1 bunch	Oregano (fresh)	W1
Produce	bag	Snap peas	Snack
Produce	1 lg	Spaghetti Squash	W2
Produce	6 cup	Spinach	M1; M2; Sa1
Produce	1/2 pint	Strawberries	F2
Produce	2 large	Sweet Potato	M2
Produce	2 c	Tomatoes (cherry)	Tu1; Th1; Sa1
Produce	4	Tomatoes (vine)	Breakfast; Tu2; W1
Produce	2	Tomatoes (heirloom)	Su1
Produce	2	Zuchini	Tu2; Su2
Protein	4 oz	Chicken (deli sliced)	W1
Protein	6	Chicken Breasts (organic)	Th2; F1
Protein	1	Chicken (whole; shredded)	Tu2; Th1; Su1
Protein	1 (+1/2 dozen optional w/Breakfast)	Eggs	Breakfast (optional); Tu1; Th1
Protein	1 lb	Ground Beef (organic)	Sa2
Protein	2 filets	Salmon (organic)	Sa1
Protein	1 lb	Shrimp (frozen)	F2
Protein	1 package	TJ Herbed Sausages	W2
Protein	1 package	TJ Jalepeno Sausages	Su2
Protein	1 lb	Turkey (ground; organic)	breakfast; M2
Protein	1 package	Turkey bacon (organic)	Tu1; Th1; Sa2

Staples		Agave	
Staples		Almond Butter	Snack
Staples		Almonds	Snack
Staples		Apple Cider Vin	
Staples	1	Avocado Oil	
Staples	2 cans	Black Beans	Tu2; F2
Staples	1	Black Olives	W1
Staples		Brown Rice Chips	Snacks
Staples	1 package	Brown Rice Tortillas	Tu2;F2
Staples	1 qt.	Chicken Broth	Tu2
Staples		Coconut oil	
Staples		EVOO	
Staples		Fresh Salsa	
Staples		Frozen Berries	Shakes
Staples	2 cans	Garbonzo Beans	Snack; W1
Staples	4	Garlic Cloves	Snack;W2; Th1; Su2
Staples		Ghee	
Staples		Italian Spices	
Staples	1 jar	Marinara Sauce (clean)	W2
Staples		Mustard Powder	
Staples		Paprika	W2; Th2
Staples	1/2 cup	Pecans	Su1
Staples	1/2 cup	Pistachios	M1; Sa1; Sa2
Staples		Red Pepper Flakes	
Staples	1 bunch	Rosemary (fresh)	Su1
Staples		Siracha (GF from Sprouts)	M1
Staples		Spike	
Staples		Tahini	Snack