

Category	Qty Grocery	Meal
Produce	Apples (Green)	Snack
Produce	1 bunch Arugala	M2; Tu1; Th1
Produce	1 bunch Asparagus	M2; Tu1
Produce	5 Avocado	M1; Tu1; F2; Sa1
Produce	2-3 Bananas	Snack
Produce	1 bunch Basil	M1
Produce	2 Bellpeppers	M1; Sa2
Produce	Berries	Snack
Produce	1 Butternut Squash	W2
Produce	1 Carrot (Individual large)	Tu1
Produce	2 cups Carrots (Baby)	Th2
Produce	1 bags Cauliflower Florets	W2; Sa2
Produce	1 bunch Cilantro (Fresh)	M2; W2
Produce	1 Cucumber	M1; Tu1
Produce	1 bunch Dandelion Greens	Tu1
Produce	1 bulb Fennel	Tu1; Su2
Produce	1 knob Ginger	W2
Produce	1 bunch Green onion	M1; W2
Produce	1 bunch Italian Parsely (Fresh)	M1; M2; Tu1
Produce	1 Jalepeno	M1
Produce	5 Leeks	W2; Su2
Produce	4 Lemons	M1; M2; Tu1; Tu2
Produce	1 head Lettuce (Romain)	F2; Sa1
Produce	4 Lime	Tu2; W2
Produce	handful Mushrooms	Sa2
Produce	1 Onion (Red)	Sa1; Sa2
Produce	2 Onion (Yellow)	W2; F2; Su1
Produce	Oregano (Fresh)	Sa2
Produce	3 Parsnips	W2
Produce	1 cup Peas (Froen)	W2
Produce	4 Radish	Tu1
Produce	1 bunch Radish Sprouts	W2
Produce	1 bunch Spinach	Snack; Tu1; Tu2; Su1
Produce	Strawberries	Snack
Produce	3 Sweet Potato	F2; Su1
Produce	1 bunch Swiss Chard	W2
Produce	2 cup Tomatoes (Cherry)	M1, M2
Produce	2 Tomatoes (Large)	Th1; Sa1
Produce	4 Zuchini	M2; Th2; Sa2
Protein	6 Chicken Breasts (Organic)	Th2
Protein	12 Eggs	Snack; Th1; Th2; Sa2
Protein	2 filets Halibut	Tu2

Protein	4 TJ Jalepeno Sausages	F2
Protein	8 slices Turkey bacon (Organic)	Th1; F2
Staples	Agave	Snack
Staples	Almond Butter	Snack
Staples	Almond Milk	Snack
Staples	Almonds	Snack
Staples	Apple Cider Vin	Th2
Staples	Avocado Oil	M1
Staples	Baking Powder	Snack
Staples	Beanditos	Snack
Staples	1 can Black Beans	Snack
Staples	Brown Rice	
Staples	Brown Rice Chips	Snack
Staples	48 oz Chicken Broth	Su2
Staples	Cocoa Powder (Unsweetened)	Snack
Staples	1 can Coconut Milk	W2
Staples	Coconut oil	Snack; M2
Staples	Coconut Sugar	Snack
Staples	EVOO	
Staples	Fresh Salsa	Su1
Staples	Frozen Berries	Shakes
Staples	1 can Garbonzo beans	M1
Staples	Garlic Cloves	M2; Tu2; W2; Sa2; Su1
Staples	Ghee	
Staples	Hummus	Snack
Staples	Italian Spices	
Staples	Lemon Pepper	
Staples	Marinara Sauce (Clean)	Sa2
Staples	Mayo (Homemade)	Th1
Staples	Mozzarella	Sa2
Staples	Mustard Powder	Th1
Staples	Nutritional Yeast	
Staples	Paprika	Th1
Staples	Pecans	
Staples	Pine Nuts	M2
Staples	1 cup Quinoa	M1
Staples	Red Curry Paste	W2
Staples	Red Pepper Flakes	
Staples	Salsa (Homemade)	Su1
Staples	Siracha	
Staples	Spike	
Staples	1/2 cup Sun Dried Tomatos	M2
Staples	Tamari (gluten and soy free soy sauce)	W2

Staples
Staples
Staples

Vanilla Extract
64 oz Veg Broth
1 cup Walnuts

Snack
M1; W2
M2