

<b>Category</b>	<b>Qty</b>	<b>Grocery</b>	<b>Meal</b>
Produce		Apples (Green)	Snack; T1
Produce	1 cup	Arugala	Tu2
Produce	1 bunch	Asparagus	Th2
Produce	10	Avocado	M1; M2; Tu1; W2; Th1; F1; Sa1; Sa2; Su1
Produce	1 bunch	Basil	M2; Sa1
Produce	5	Beets	M2; W1; Su1
Produce	1	Bellpeppers	M2
Produce	1	Carrot (individual large)	F2
Produce	1 bag	carrots	Snack; W1; Th2
Produce	1 head	Cauliflower	Su2
Produce	1 bunch	Cilantro	M1; Tu2; W1; Sa2
Produce		cucumber	Snack
Produce	1/2 cup	Geen Peas	F2
Produce	1 knob	Ginger	W1
Produce	1 bunch	Green onion	M1; W1; Th1; Su1
Produce	1 bunch	Italian Parsely (fresh)	Tu2; Su2
Produce	2	Jalepeno	Tu1; W1
Produce	3	Lemons	M2; Tu2; Sa1
Produce		Lettuce (Romain)	M1; Tu1; W2; F1; Sa2
Produce	1	Lime	M1
Produce	1 head	Napa Cabbage	W1; Th1; Su1
Produce	1	Onion (Red)	F1; F2
Produce	1	Onion (Sweet)	M2
Produce	1	Onion (Yellow)	Sa2
Produce	1 bunch	Oregano (fresh)	Su2
Produce	1 cup	Raspberries	Sa1
Produce		snap peas	Snack
Produce	2 cups	Spinach	Sa1; Shakes
Produce		Strawberries	Snack; Shakes
Produce	3 lrg	Sweet Potato	W2; Sa2
Produce	1 cup	Tomatoes (cherry)	Th1; Sa2; Su1
Produce	3	Tomatoes (large)	M1; Tu1; F1; Sa1
Produce	4	Zuchini	M2; Tu2
Protein	12	Chicken Breasts (organic)	M2; Tu2; Th2
Protein	9	Eggs	Th1; Th2; Su1
Protein	3 lb	Ground Beef (Organic)	Sa2; Su2
Protein	2 filets	Salmon	Sa1
Protein	1 lb	Shrimp (frozen)	F2
Protein	4	TJ Jalepeno Sausages	W2
Protein	1 can	Tuna	Tu1
Protein	6	Turkey bacon (organic)	W2; Th1
Protein		Chicken (Whole; shredded)	M1; W1; TH1; Su1

Staples		Agave	Dessert
Staples		Almond Butter	Snack; Shakes; Dessert
Staples		Almond Milk	Breakfast; Shakes; Th1
Staples		Almonds	Snack; Su1; M2
Staples		Apple Cider Vin	
Staples		Avocado Oil	
Staples		Beanitos Chips	Snack
Staples	1 can	Black Beans	Sa2
Staples		Black Olives	M1
Staples		Braggs Amino Acids	F2
Staples	2 cups	Brown Rice	F2
Staples		Brown Rice Chips	Snack
Staples		Brown Rice Tortillas	Sa2
Staples	2 Tbsp	Chia Seeds	Breakfast
Staples		Cocoa powder (unsweetene	Dessert
Staples	1 can	Coconut Milk	Dessert
Staples		Coconut oil	
Staples	1 can	Diced Tomatoes	Sa2
Staples		Extra Virgin Olive Oil	
Staples		Fennel Seed (ground)	Su2
Staples		Fresh Salsa	
Staples		Frozen Berries	Shakes
Staples	1 can	Garbonzo beans	Su1
Staples	6	Garlic cloves	M1; M2; Tu2; Th1; F2
Staples		Ghee	Su2
Staples	2 cups	Gluten Free Steel Cut Oats	Breakfast
Staples		Hummus	Snack
Staples		Italian Spices	
Staples	1	Kidney Beans	M1
Staples		Lemon Pepper	Sa1
Staples	1 jar	Marinara Sauce (Clean)	Su2
Staples		Mayo	Th1; Su1
Staples		Mustard Powder	Th1; Su1
Staples		Nutritional Yeast	Su2
Staples		Paprika	Tu1; Th1
Staples	1/2 cup	Pistachios	W1
Staples		Red Pepper Flakes	W2; Su2
Staples		Rosemary (fresh)	M2
Staples		Sesame Oil	W1
Staples		Spike	
Staples	1 package or	Taco Seasoning	Sa2
Staples		Walnut Oil	Su1
Staples	1/2 cup	Walnuts	Tu2