

Category	Qty	Grocery	Meal
Produce		Apples (Green)	Snack
Produce		5 Avocado	M1; M2; Tu1; W1; W2; Th1; F1; Sa1
Produce		2 Beets	Sa1
Produce	2 red, 1 yellow	Bellpeppers	W2; F1; Su1
Produce		Berries	Snack
Produce	2 cups	Brussel Sprouts	Su2
Produce		1 Butternut Squash	Th2
Produce	1 bunch	Carrot (Individual large)	M2; Tu2; Sa2
Produce		Carrots (Baby)	
Produce	1 bunch	Celery	Snack
Produce	1 bunch	Chives (fresh)	F2
Produce	1 bunch	Cilantro (Fresh)	M2; W2; Th1
Produce		1 Cucumber	Snack
Produce	1 knob	Ginger	Snack
Produce	2 bunches	Green onion	M2; Tu1; Tu2; W2; Th1; Sa1
Produce		4 Jalepeno	W2; Th1
Produce	2 large bunches	Kale	Snack; Th2; F1
Produce		2 Lemons	F2
Produce	1 small head	Lettuce (Butter)	Su2
Produce	1 head	Lettuce (Romain)	Tu1; W1
Produce		5 Lime	Snack; M2; W2
Produce		Mint (fresh)	Snack; Tu2
Produce	3 cups	Mushrooms	W2; Sa2; Su2
Produce	1 head	Napa Cabbage	Tu1; W2; Sa1
Produce		1 Onion (Red)	W1; W2
Produce		2 Onion (Sweet)	W2; Th2; Su2
Produce		1 Onion (Yellow)	M2; Su1
Produce		Oregano (Fresh)	
Produce		snap peas	
Produce	1 bunch	Spinach	F2; Su1
Produce	2 cups	Strawberries	Snack
Produce		1 Sweet Potato	Su1
Produce	3 cups	Tomatoes (Cherry)	M1; Tu1; Th1; F1; Sa1
Produce		5 Tomatoes (Large)	W1; W2
Produce		2 Zucchini	M2; Sa2
Protein		6 Chicken Breasts (Organic)	Tu2; W1
Protein		18 Eggs	Snack; M1; Tu1; Tu2; Sa1; Su1
Protein	1 lb.	Ground Beef (Organic)	Su2
Protein	1 large skin-on	Salmon (Organic)	F2
Protein	1 large	Steak (organic NY)	Sa2
Protein	1 can	Tuna	Th1
Protein	1 package	Turkey bacon (Organic)	M1; Tu1; Su2

Protein	4 cups	Chicken (Whole; shredded)	M2; Tu1; Sa1
Staples		Agave	Snack; Tu1; Tu2; Sa1
Staples	1 1/2 cups	Almond Butter	Snack
Staples	1 box	Almond Milk	Tu1
Staples		Almonds	Snack; Sa1
Staples		Apple Cider Vin	Tu2; F1; Sa1; Su2
Staples		Avocado Oil	Th2; F2
Staples		Baking Powder	
Staples		Beanditos	Snack
Staples	1 can	Black Beans	M2
Staples		Braggs Amino Acids	
Staples	1 cup	Brazil Nuts	Th2
Staples		Brown Rice Chips	Scack
Staples	1/2 cup	Brown Rice Crisps (GF)	Snack
Staples	1 package	Brown Rice Tortillas	M2; W2
Staples		Chia Seeds	Snack
Staples	1 Qt	Chicken Broth	M2
Staples		Cinnamon (ground)	Snack
Staples		Cocoa Powder	Snack
Staples		Coconut Milk	
Staples		Coconut oil	Su2
Staples	1/2 cup	Coconut Shreds (unsweeten	Snack
Staples		Coriander (ground)	Tu2
Staples		Cumin	Tu2
Staples	1 can	Diced Tomatoes	M2
Staples		EVOO	Tu2
Staples		Fresh Salsa	
Staples		Frozen Berries	Shakes
Staples	1 can	Garbonzo beans	Sa1
Staples	1 head	Garlic Cloves	Tu1; W2; F2
Staples		Ghee	Th2; Su1
Staples		Hummus	Snack; F1
Staples	1/2 cup	Macadamia Nuts	Snack
Staples		Mayo (homemade)	Th1; Sa1
Staples		Mustard Powder	Tu1; Sa1
Staples	1 package	Nori wraps or veggie wraps	F1
Staples		Nutritional Yeast	
Staples		Paprika	Tu1; Tu2
Staples	1 bag	Pasta (quinoa or brown rice)	Th2
Staples		Pecans	Snack
Staples	2 Tbsp.	Pistachios	Su2
Staples	1 cup	Quinoa	Sa2
Staples		Red Pepper Flakes	

Staples	1/2 cup	Rolled Oats (GF)	Snack
Staples	1 bunch	Rosemary (Fresh)	F2
Staples		Salsa (Homemade)	
Staples		Spike	Tu2
Staples		Vanilla Extract	
Staples	2 cups	Veg Broth	Sa2
Staples		Walnut Oil	Sa1