

Week 3 Grocery List

Produce:

- 2 Lemon 41, 56
- 1 Organic Apple 52 (1 apple/ person on detox)
- 1 bunch Green Onion 40, 43, 56
- 1 bunch Spinach or organic packaged Spinach 55, 60, smoothies
- 1 bunch of Asparagus 41
- 1 bunch of Basil 50, snacks
- 1 Broccoli 44
- ½ pound, 4 handfuls snap peas 40, 43, snacks
- 1 bunch organic Lettuce 40, 43, 55
- 12 Brussels sprouts 47
- 4 Avocados 40, 42, 43, 51, 54
- 2 organic yellow summer squash 47
- 2 Red Onions 44, 47
- 2 Sweet Potatoes 41, 47
- 1 Organic Cherry Tomato container 60, snacks
- 3 handfuls Green Beans 47, 59
- 2 Cauliflower 44, 56
- 1 bag of big Carrots 44, snacks
- 1 organic Celery 56
- 2 Portobello Mushroom caps per person doing detox 53

Meat

- 2 pound ground beef or turkey 44, 59
- 6 all-natural Chicken breast 40, 43, 49, 50
- 1 lb grass-fed beef chuck roast
- 2 Steaks 47
- 2 Dozen Eggs 51, 54, 56, 59, 60
- Kerry Gold Butter 47 (in deli near special cheeses, silver cover)
- 2 Haddock 41

Grocery

- 3 cups Pecans (from bulk) 56, 59
- 8 oz raw sunflower seeds 40, 43, 55
- 1 container frozen spinach 59
- 1 bag frozen organic Green Peas 44
- 1 carton Coconut Milk smoothies

Check that you have the following at home:

- Garlic
- Apple Cider Vinegar
- 1/2 cup walnuts (about 30 halves)
- Smoothie Ingredients
- Can salmon
- Broth
- Quinoa
- Coconut Oil