

Week 1 Groceries (Plus the pantry list)

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|--------------------------|-------------------------------------------------------------------------------|-----------------------------|
| <input type="checkbox"/> | 9 Bananas | Smoothies |
| <input type="checkbox"/> | 3 Lemons | 18, Add to water |
| <input type="checkbox"/> | 1 Lime | 3 |
| <input type="checkbox"/> | 1 Apple | 19 |
| <input type="checkbox"/> | 4 Avocado | 2, 8, 14, 19 |
| <input type="checkbox"/> | 1 head of Broccoli | 9 |
| <input type="checkbox"/> | 1 Bunch Spinach | Smoothies |
| <input type="checkbox"/> | 1 Bunch of Kale | 6, 9 |
| <input type="checkbox"/> | 1 Head of Romaine Lettuce | 2, 3, 5, 12 |
| <input type="checkbox"/> | 1 bunch Green Onions / Chives | 2, Ranch |
| <input type="checkbox"/> | 2 Cucumbers | 8, 14, salads |
| <input type="checkbox"/> | 3 Bell Peppers | 3, 6, 8, 14, salads, snacks |
| <input type="checkbox"/> | 2 Tomatoes | 3 |
| <input type="checkbox"/> | 3 Yellow Onions | 19, Ranch, other dinners |
| <input type="checkbox"/> | 3 Red Onions | 3, 6 |
| <input type="checkbox"/> | 3 Heads of Garlic | |
| <input type="checkbox"/> | 1 small chunk of Ginger | 9 |
| <input type="checkbox"/> | 2 large Sweet Potato | 6, 19 |
| <input type="checkbox"/> | 1 bunch of Basil | 3, Ranch |
| <input type="checkbox"/> | 1 small box Mushrooms | 6 |
| <input type="checkbox"/> | 1 bag Snap Peas | 8, 14, snacks |
| <input type="checkbox"/> | 1 bag Carrots | 6, 8, 21, snacks, salads |
| <input type="checkbox"/> | 1 Spaghetti Squash | 15 |
| <input type="checkbox"/> | 12 Chicken Breast | 2, 3, 9, 14, 19 |
| <input type="checkbox"/> | 1 package Chicken Thighs | 18 |
| <input type="checkbox"/> | 2lb Grass-fed Beef | 15, 23 |
| <input type="checkbox"/> | 2 lb ground Chicken or Turkey | 6, 23 |
| <input type="checkbox"/> | 1 whole Chicken | 21 |
| <input type="checkbox"/> | 1 Almond Butter | 9 |
| <input type="checkbox"/> | 2 Coconut Milk (SO delicious green or any unsweetened coconut or almond milk) | |
| <input type="checkbox"/> | 1 bag Frozen Wild or Organic Blueberries | Smoothies |
| <input type="checkbox"/> | 1 bag Frozen Cherries | Smoothies |
| <input type="checkbox"/> | 1 bag Frozen Peas | 9 |