

## Week 1 Grocery List

### Produce:

- 2 Lemons 20, morning water
- 1 Organic Apple 19, 23
- 1 dozen Brussels Sprouts 18
- 1 Organic Kale 6, 15, salads
- 1 Romaine Lettuce 2, 11, 14, salads
- 1 bunch Green Onion
- 1 bunch Spinach or organic packaged Spinach 3, 5, 15, smoothies
- 1 Cilantro
- 1 Oregano
- 1 Basil
- 2 Red Peppers 3, 6, 20, snacks
- 3 Avocados 2, 5, 11, 14, 19, 20, 23
- 3 Heads of Garlic dinners
- 3 Bananas smoothies
- 1 large Ginger Root 3, 9 & next week
- 1 Red Onion 6
- 2 Yellow Onion
- 2 small Sweet Potatoes 6, 19, 23
- 1 packs Grape Tomatoes 3, 20, chicken salads
- 1 container Mushrooms 6
- 1 bag of big Carrots 6, 15, 21, snacks
- 1 container of Sprouts lunch and salads

### Meat

- 1 lb grass-fed Beef or Turkey 6
- 4 all-natural Chicken breast 2, 3, 5, 11, 14, 19, 23
- 1 whole all-natural Chicken 21

### Grocery

- Brazil Nuts (1-2 dozen -bulk section) smoothies
- Raw Cashews (1 cup-bulk section) 22
- 1 carton Coconut Milk (unsweetened, near refrigerated milk) smoothies
- 1 bag frozen organic or wild Blueberries 5, 23, smoothies
- 1 bag frozen organic Peas 3, 15
- 16 oz frozen spinach 22
- 1 cup walnuts 23

### Pantry:

1 can coconut milk (3), 16 oz bone broth (6), Kelp Noodles (15), Almond Butter, Apple Cider Vinegar, Coconut Aminos, 2 cans Artichokes (22), Olives (20), Coconut butter/ manna, Dried Coconut