

Week 1 Grocery List

Produce:

- 2 Lemons morning water
- 1 Lime 18
- 2 dozen Brussels Sprouts 18
- 1 Organic Kale 6, 15 + add to salads
- 1 Organic Romaine Lettuce add to salads
- 1 bunch Green Onion 3, 12
- 1 bunch Spinach or organic packaged Spinach 3, 9 + smoothies
- 1 Cilantro 3, 18
- 1 Oregano 12, 18
- 1 Basil 12, 20
- 2 Red Peppers 3, 6, 20 + snacks
- 3 Avocados 12, 17, 20
- 3 Heads of Garlic needed often
- 6 Bananas 23 + smoothies
- 1 large Ginger Root 3, 9 & next week
- 1 Red Onion 6
- 3 Yellow Onion 3, 9, 15, 19, 21
- 2 Sweet Potatoes 6, 19
- 1 Spaghetti Squash 15
- 1 Cherry Tomatoes 3, 9, 20
- 1 Cauliflowers 21
- 2 containers Mushrooms 6, 21
- 2 bag of big Carrots 6, 21 + salads + snacks
- 1 container of Sprouts 2, 8, 12, 17, 20

Protein

- 1 Nosoya firm 19
- 2 pieces of salmon (7 oz each) – Recommend waiting to buy Friday 18

Grocery

- Brazil Nuts (2 dozen-bulk section) smoothies
- Walnuts (3 cups-bulk section) 23
- Cashews (1 cup – bulk section) 22
- 1 carton Coconut Milk (unsweetened, near refrigerated milk) smoothies
- 1 bag frozen organic or wild Blueberries 8, 23 + smoothies
- 1 bag frozen organic Peas 3
- 1 bag frozen, shelled, organic Edamame 9
- 16 oz frozen spinach 22