

## Week 2 Grocery List

### Produce:

- 2 Lemons 42, morning water
- 1 Lime Salsa
- 1 Organic Apple 41
- 1 Rainbow Swiss Chard 24, 34, 37 + smoothie
- 1 Organic Lettuce 25, 31, 37
- 1 Broccoli 25, 28
- 2 Handfuls or 1 package snap peas snacks
- 1 Asparagus 43
- 6 Zucchini 28, 45 + snacks
- 2 Red Peppers 34, 37, 42
- 4 Avocados 25, 37, 42, 45
- 4 Tomatoes salsa
- 1 Jalapeño/pepper salsa
- 4 Bananas smoothies
- 1 Red Onion
- 4 Yellow Onion
- 3 Sweet Potatoes 25, 41
- 1 Cauliflowers 34, 37
- 1 bag of big Carrots 24, 34, 40 + snacks
- 1 Celery 24 + snacks
- 1 Cherry Tomatoes 34, 42
- Purple Cabbage 31

### Meat

- 2 lbs grass-fed Beef 25, 28, 45
- 4 all-natural Chicken breast 31, 41, 42
- 1 whole all-natural Chicken 15

### Grocery

- Brazil Nuts (16-bulk section) smoothies
- Pecans (1 cup) 25, 31
- 1 carton Coconut Milk (unsweetened, near refrigerated milk) smoothies
- 1 bag frozen organic or wild Blueberries smoothies
- 1 bag frozen organic Peas 34, 40

Check to make sure you have from last week:

- Sage
- Basil
- Ginger
- Garlic
- Green Onions
- Cilantro – quite a bit

### Pantry Items:

Hemp, Chia, Broth (24), Olives (42), Diced Tomatoes (28), Tomato Paste (28), 1 can coconut milk (34), Kelp noodles (40), Almond Butter (40)