

Week 2 Grocery List

Produce:

- 3 Lemons 24, 28, 42, morning water
- 1 Rainbow Swiss Chard 37, 40 + smoothies
- 1 Spinach 24, 43 + smoothies
- 1 Organic Lettuce 25, 37
- 1 Broccoli 25, 28
- 2 Handfuls or 1 package snap peas 28+snacks
- 1 Asparagus 43
- 4 Zucchini 28
- 5 Bell (red) Peppers 28, 31, 34, 37, 41, 42
- 3 Avocados 25, 37, 42
- 4 Tomatoes salsa
- 1 Jalapeño/pepper salsa
- 5 Bananas smoothies
- 1 Red Onion 37
- 5 Yellow Onion 25, 31, 34, 41, 43
- 3 Sweet Potatoes 25, 41
- 1 bag of big Carrots
- 1 Cherry Tomatoes 34, 42
- 1 Purple Cabbage 31, 34
- 1 Green Onion 31, 34
- 8oz Mushrooms 43
- 1 Butternut Squash 43 (1 large or 2 small)

Grocery

- 1 Nasoya Firm Tofu 28, 41
- Brazil Nuts (16-bulk section) smoothies
- Pecans (1 cup) 25, 31
- Cashews (3 cups) 31, 43
- 1 carton Coconut Milk (unsweetened, near refrigerated milk) smoothies
- 1 bag frozen organic or wild Blueberries smoothies

Check to make sure you have from last week:

Peas (34, 40) Cauliflower (34) Walnuts - 1/4 cup (42)
Ginger (34) Lime (37, 44)
Garlic Cilantro – quite a bit

Pantry Items:

Hemp, Chia, 6c Veg Broth (24), Olives (42), Diced Tomatoes (24, 43), Tomato Paste (24, 43), 1 can coconut milk (34), Kelp noodles (40), Almond Butter (40), 2c Lentils (24), 1 can black beans (25), Mitoku Miso Paste (28), 1 can Tuna (31), Capers (31), ACV (31), Nutritional Yeast (41, 43), 1 can Chick Peas (42)