Week 1 Grocery List

PANTRY ITEMS
1 tablespoon apple cider vinegar
1 can butter beans
1/2 cup chicken broth
1/2 cup + 1 tablespoon coconut aminos
coconut oil spray
2 teaspoons garlic chili sauce
1/2 teaspoon ground cinnamon
20 drops Liquid Stevia
1/2 cup natural ketchup
non-stick olive oil cooking spray
1 cup old fashion oats
5 teaspoons olive oil
olive oil spray
3 tablespoons pickles
3 tablespoons roasted red bell pepper (from jar)
stevia
1 teaspoon toasted sesame oil
1/2 teaspoon vanilla extract
3 1/3 cups vanilla protein powder
2 teaspoons honey
1/4 teaspoon almond extract
6 Tablespoons stevia-sweetened chocolate chips (Lily's Brand)
1/4 cup unsweetened coconut flakes
3 teaspoons nut butter of choice

VEGETABLES
2 bunches Broccoli
2 cups Brussels Sprouts
1 Butternut Squash
2 1/2 teaspoons fresh ginger
1 cup fresh green beans
3 tablespoons + 3 teaspoons Garlic
1 green bell pepper
2 cups kabocha squash
1 red bell pepper
2 shallot
2 Tomatoes
2 yellow onions
2 medium sweet potatoes

SPICES
Dash of salt and pepper
1 teaspoon dried basil
2 tablespoons Dried Oregano
1 tablespoon ground cumin
1/2 teaspoon Red Pepper Flakes
1 1/2 teaspoons sea salt
+ 3/4 teaspoon sea salt and black pepper
2 teaspoons smoked paprika

MEAT/EGGS
4 boneless, skinless chicken breasts
4 (6oz) halibut fillets
2 pounds lean flank steak
10 cups (80oz) liquid egg whites

FRUIT
1 cup frozen raspberries
1/2 teaspoon lemon juice
1 teaspoon Lemon Zest
1 lime
1 mandarin orange
10 fresh strawberries
1/4 cup frozen berry of choice

FRESH HERBS
1 Tablespoon fresh chives

OTHER
3 tablespoons pickle juice
6 1/3 cups unsweetened Greek yogurt

NUTS/SEEDS
24 whole unsalted almonds
24 unsalted walnut halves