

Week 1: Grocery List

Vegetables:

- ☐ **Greens:**
 - 1.5 cups baby spinach
 - 7 cups kale leaves
 - 1 cup purple cabbage
 - 4 cups collard greens
- ☐ 1 cup alfalfa sprouts
- ☐ ¼ cup fresh basil leaves
- ☐ 2 beets
- ☐ 8 cups broccoli
- ☐ 2 cups butternut squash
- ☐ 3 carrots
- ☐ 1 head cauliflower
- ☐ 2 celery stalks
- ☐ 3 cups cherry tomatoes
- ☐ 1 cucumber
- ☐ 1 garlic (7 cloves)
- ☐ 2-3" stick of ginger
- ☐ 1 green pepper
- ☐ 3 red peppers
- ☐ 2 yellow peppers
- ☐ 1 serrano pepper
- ☐ 1 sweet potato
- ☐ 1 shallot
- ☐ 4 tomatoes
- ☐ 1 red onion
- ☐ 3 yellow onions
- ☐ 3 zucchinis

Fruit: (Organic as much as possible)

- ☐ 2 apples
- ☐ 4 avocados
- ☐ 1 banana
- ☐ blueberries
- ☐ 4 lemons
- ☐ 1 orange
- ☐ ½ cup mixed berries (for yogurt – can use frozen if you prefer)
- ☐ **Frozen:**
 - 1 cup blueberries
 - 2 cups strawberries
 - ½ cup mixed berries

Meat & Protein:

- ☐ 2 lbs. 93% lean ground turkey
- ☐ 15 oz. chicken breast (raw)
- ☐ 15 oz. of precooked chicken breast

Fish & Seafood:

- ☐ 10 oz. salmon fillets (wild-caught if possible)

Eggs, Dairy, & Nut Milks:

- ☐ 5 eggs (*organic, free range, & hormone/antibiotic free if possible*)
- ☐ 2 cups plain Greek yogurt
- ☐ 3.5 cups unsweetened almond milk (box)

Nuts and Seeds:

- ☐ almond butter
- ☐ small bag almonds
- ☐ small bag raw walnuts
- ☐ small bag pumpkin seeds
- ☐ small container chia seeds
- ☐ small container ground flax seed

Miscellaneous:

- ☐ ½ cup hummus (freeze leftover)
- ☐ 15 oz. can organic tomato sauce
- ☐ 14.5 oz. can organic diced tomatoes
- ☐ 4 cups organic chicken broth (box)
- ☐ balsamic vinegar
- ☐ coconut aminos (small bottle)
- ☐ coconut oil (small jar)
- ☐ Extra virgin olive oil
- ☐ ¼ cup almond flour
- ☐ raw honey

Spices:

- ☐ Pink Himalayan Salt
- ☐ Fresh Ground Pepper
- ☐ Cayenne Pepper
- ☐ Chili Powder
- ☐ Cinnamon
- ☐ Cumin
- ☐ Paprika
- ☐ Red Pepper Flakes

Supplements:

- ☐ **Vanilla Protein Powder:** Anything without soy (or lecithin) and has 5-6 ingredients or less is fine. (You can swap for chocolate if you prefer- check the recipes first).
- ☐ **Omega III / Krill Oil:**
- ☐ **Multi Vitamin:**

I recommend Jaylab Pro > <https://fitsouthshore.jaylabpro.com/Shop-Our-Store.html>