2016 Challenge: Grocery List Week 1

**Vegetables:**

* 1 garlic (4 cloves)
* 1 red onion
* 3 yellow onions
* 3 sweet potatoes
* 1 tomato
* 1 carrot
* 1 green pepper
* 2 red bell peppers
* 1 jalapeno *(optional)*
* Small container sprouts
* ½ cup fresh broccoli
* 5 zucchini
* 1 yellow squash
* 1 fennel bulb
* 1 head of fresh Butter Lettuce
* **Veggies** for 4 salads & 4 wraps *(organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)*
* **Lettuce** – for 4 green salads *(I prefer arugula/spinach/mixed greens, anything EXCEPT Iceberg)*
* 3-6 cups spinach (smoothies)

**Fruit: (Organic as much as possible)**

* 5 apples
* 4 Haas Avocados
* 1 mango
* 6 lemons
* 1 lime
* 2 large oranges
* 3.5” of ginger root *(optional~mojo)*
* 2 bananas
* ½ cup fresh berries
* ¼ cup red seedless grapes
* **For smoothies, your choice of frozen berries** (meal plan suggests: 1.5 cups mixed berries, ½ cup blueberries, ½ cup strawberries)

**Meat & Protein:**

* Small package of nitrate free bacon *(2 strips)*
* 3 boneless, skinless chicken breasts (12-24 oz. depending on requirements)
* 1/2 lb. ground turkey meat
* 1/2 lb. ground grass-fed beef
* 4-8 oz. precooked protein of choice (chicken, fish, turkey)
* 4-8 oz. of precooked chicken breast

**Fish & Seafood:**

* 2 wild-caught tilapia fillets *(4-8 oz. each depending on protein intake)*

**Eggs:**

* 10 eggs *(organic, free range, & hormone/antibiotic free if possible)*

**Nuts and Seeds:**

* small container of chia seeds
* small bag raw walnuts
* small bag almonds
* small bag pumpkin seeds

**Miscellaneous:**

* Almond Butter (100% almonds)
* Extra Virgin Olive Oil
* Cold-Pressed Coconut Oil
* Vanilla Extract (NO HFCS)
* 1 container Coconut milk OR almond milk
* Cacao powder (raw, unprocessed)
* Raw Honey OR Stevia
* 1 cup can of organic pumpkin
* 14 oz. can crushed tomatoes
* 8 oz. jar tomato sauce
* 1 can diced green chilies
* 3 cups Chicken stock (low-sodium)
* ½ cup Beef stock
* Aged Balsamic Vinegar (no HFCS)
* 1 small container hummus
* Honey Mustard (organic if possible)

**Spices:**

* Pink Himalayan Salt
* Ground Cumin
* Fresh Ground Pepper
* Cinnamon
* Italian seasoning *(sodium-free)*
* Dried Rosemary
* Dried Parsley
* Smoked Paprika
* Chili Powder
* Cayenne Pepper
* Granulated Garlic
* Ground Coriander

**Supplements:**

* **Protein Powder** (vanilla and/or chocolate but anything without Soy (or lecithin) and has 5 ingredients or less is fine. Check meal plan FIRST before deciding on which flavor you want. Smoothies are interchangeable on the plan.

***\*\*\*You will have a few leftover ingredients once this week is over.*** *Make sure to save / freeze unused ingredients for following weeks.*