2016 Challenge: Grocery List Week 2

**Vegetables:**

* 2 heads of garlic
* 1 head cauliflower
* 1 head broccoli
* 2 sweet onions
* 1 purple onion
* 1 sweet potato
* 1 cup Cherry tomatoes
* 2 tomatoes
* 3 carrots
* 2 red peppers
* 1 bunch of asparagus
* 1 jalapeno
* Small container fresh sprouts
* 2 zucchini
* 1 cucumber
* 1 large leek
* 2 celery ribs (1 head)
* 1/2 lb. Cremini mushrooms
* 1 bunch of fresh cilantro
* **Veggies** for 5 total salads & snacks *(organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)*
* **Lettuce** – for 5 green salads (I prefer arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
* 2-4 large Butter Lettuce leaves (or Romaine) for wraps
* 8 ounces frozen spinach
* 1.75 lbs. baby spinach
* 2 cups kale

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

* 2 apples
* 2 Haas Avocados
* 2 mangos
* 5 lemons
* 2 limes
* 2 kiwi
* 1 banana
* 3.5” of ginger root *(optional~mojo)*
* 1 cup fresh berries (blueberries, raspberries, black berries, strawberries)
* 1 cup frozen berries

**Meat & Protein:**

* 9 ounces sliced Prosciutto di Parma *(at the deli counter)*
* 1 pound organic turkey loin
* 2 all-natural and organic pork chops (5-9 ounces each)
* 12-20 oz. precooked protein of choice (chicken, fish, turkey)

**Fish & Seafood:**

* 1 lb. salmon (wild if possible)

**Eggs & Dairy:**

* 9 eggs (organic, free range, & hormone/antibiotic free if possible)
* 2 servings full-fat Greek Yogurt
* OPTIONAL: Rind from a chunk of Parmesan Cheese *(for minestrone)*

**Nuts and Seeds:**

* 1 Tbsp. Flax seeds
* 1.5 oz. sesame seeds
* ½ cup ground almonds *(if you want to make this you’ll need 1 cup whole almonds)*
* *Also- small bag almonds if you don’t already have*

**Miscellaneous:**

* 3 cups Unsweetened Vanilla Almond Milk
* Loaf Ezekiel Bread *(freezer section)*
* Almond Extract
* 1 can Coconut milk
* 2 Tbsp. Coconut flour *(can get online – won’t need until Saturday)*
* 1 can kidney beans
* ½ cup can of Pumpkin Puree
* Maple Syrup
* 14.5 oz diced tomatoes in juice
* 1 Tbsp. Tomato paste
* 7-9 cups reduced-sodium Chicken Broth *(organic if possible)*
* Pepperoncini peppers *(1/4 cup, optional for Greek Salad)*
* Kalamata olives *(1/4 cup, optional for Greek Salad)*
* Wholegrain Mustard
* Dijon mustard *(no HFCS)*
* Red Wine Vinegar
* 1 small can chipotle peppers in adobo sauce
* Small box uncooked quinoa

**Spices:**

* Crushed Hot Red Pepper Flakes
* Oregano
* Bay Leaves
* Basil
* Lemon pepper
* Onion powder

**Items You SHOULD ALREADY Have (replace as necessary):**

* Vanilla Protein Powder
* Almond Butter (100% almonds)
* Raw Honey or Stevia
* Cinnamon
* Chia Seeds
* Vanilla Extract (NO HFCS)
* Cold-Pressed Coconut Oil
* Pink Himalayan Sea Salt
* Freshly Ground Pepper
* ¼ cup raw, unsalted nuts
* Extra Virgin Olive Oil
* Ground Cumin
* Pumpkin Seeds
* Balsamic Dressing *(recipe on page 3)*