New Year New YOU Grocery List ~ Week 2

Vegetables:

- ☐ 2 garlic
- ☐ 2 sweet onions
  6-7Green Onions
- ☐ Fresh Asparagus
- ☐ 1 Red peppers
- ☐ 1 stalk of celery
- ☐ 1 Cucumber
- ☐ 1 Sweet Potato
- ☐ 1 Russet tomato
- ☐ 3 large Carrots
- ☐ Green beans
- ☐ Tomato for your 4 salads & Salsa)
- ☐ 1Pint Cherry Tomatoes
- ☐ 1 Pint Yellow Pear tomatoes
- ☐ Lettuce – (Can use your Romaine here, or get arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.
- ☐ 1 bunch Tuscan Kale
- ☐ Veggies you want for your **4-5** salads & lunches (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

Fruit: (Organic as much as possible)

- ☐ 2 Apples
- ☐ 1 Pear
- ☐ 1 bananas
- ☐ 2 lemons
- ☐ 1 lime
- ☐ For smoothies, your choice of frozen: strawberries, blueberries, mango, pineapple, papaya, orange (5 cups of frozen fruit worth TOTAL)

Meat:

- ☐ 8 oz. thick slices of organic turkey (I get in-house roasted from Whole Foods or No Salt Shaw's Brand) ~ OPTIONAL- can sub 8 oz. pre-cooked Chicken (free-range if possible)
- ☐ 12 boneless/skinless chicken breast (free range & antibiotics/hormones free)
- ☐ Small package of nitrate free bacon or turkey bacon *(if need to replenish)*

Fish & Seafood:

- ☐ 10 oz White fish (Tilapia, Cod, Scrod)

Eggs & Dairy:

- ☐ 6-7 oz. PLAIN Non-Fat Greek Yogurt (I like Fage)
- ☐ 1.5 dozen eggs (organic, free range, & hormone/antibiotic free if possible)
- ☐ Feta Cheese
- ☐ 1 Parmesan Cheese rind

Nuts and seeds:

¼ cup Pumpkin seeds or nuts

Miscellaneous:

- ☐ **OPTIONAL for Paleo Mayo** (can sub 1 Tbs. Greek Yogurt instead for Avo Egg Salad): Fresh Basil, Dry Mustard (if you don't already have it), and 1 lemon
- ☐ 28 oz can diced tomatoes
- ☐ 48 oz Reduced Sodium Chicken Broth
- ☐ 1 15 oz can white beans
- ☐ Capers
- ☐ White Wine
- ☐ Organic Blue or Corn tortillas (UTZ or Shaw's Organic)
- ☐ 1 cup Whole Grain Farro

Spices:

- ☐ Cayenne pepper (if you DON'T already have it)
- ☐ Rosemary (if you DON'T already have it)

Fresh Herbs:

- ☐ 1 bunch cilantro (for Salsa this Sun)
- ☐ 1 bunch Basil

Supplements:

- ☐ 1 Protein Bar

Ingredients you should ALREADY have…

- ☐ Protein Powder
- ☐ Daily Women's Multi Vitamin
- ☐ Fish Oil

Replenish your Trail Mix & Protein Bars as necessary:

- ☐ **For Trail Mix #1:** ½ cup ground flax seeds, 1 cup raw pumpkin seeds, 1 cup raw sunflower seeds, 3 cups shredded unsweetened coconut, 4 cups raw slivered almonds, ½ cup unsweetened dried cherries OR Raisins **(choose ONLY mix #1 or #2, not both)**

- ☐ **For Trail Mix #2:** 1/2 cup raw walnuts**,** 1/2 cup almonds**,** 1/2 cup pecans**,** 1/2 cup raw pumpkin seeds, 1/2 cup sunflower seeds, 1/4 cup chopped dried apricots**,** 1/4 cup dried cranberries (sweetened with apple juice)**,** 1/4 cup dried unsweetened blueberries**,** 1/4 cup dried golden raisons

- ☐ **PROTEIN BAR Option #1**: You'll need 1.25 cups slivered almonds, 1 cup pecans, 1/3 cup ground flax meal, 7 large Medjool dates, 1/3 cup dried unsweetened cherries, 1/3 cup dried apricots

- ☐ **PROTEIN BAR Option #2:** You'll need ½ cup slivered almonds, ½ cup chopped pecans, 1/2 cup dried cranberries or blueberries, 1/4 cup unsweetened coconut

Ingredients you should ALREADY have contd…

- ☐ Cold-Pressed Coconut Oil (I usually get Artisana or Spectrum Naturals from WF)
- ☐ Extra Virgin Olive Oil
- ☐ Aged Balsamic vinegar – (no high fructose corn syrup)
- ☐ Apple Cider Vinegar
- ☐ Honey Mustard (organic if possible)
- ☐ Raw Organic Honey OR Coconut Sugar
- ☐ Coffee and/or Tea bags (OPTIONAL)

Spices:

- ☐ Pink Himalayan Sea Salt
- ☐ Freshly Ground Pepper
- ☐ Dried Onion Powder
- ☐ Garlic Powder
- ☐ Thyme
- ☐ Basil
- ☐ Dried Parsley
- ☐ Pumpkin Pie Spice
- ☐ Cardamom
- ☐ Ground Ginger
- ☐ Cumin
- ☐ Cayenne **or** Red Pepper Flakes
- ☐ Oregano
- ☐ Cinnamon