Week #2: Grocery List

(Check last week's status on before you go shopping for the below)

Meat:
2 – 3-4oz Chicken breast organic (free range or at least antibiotics & Hormone free)
1 – 3-4oz Turkey breast organic (free range or at least antibiotics & Hormone free)

Fish:
Wild fish or your choice (ex.6-8oz. Salmon)

Eggs:
Eggs – organic or at least antibiotics & hormone free

Nuts:
Raw almonds, raw walnuts, raw Brazil nuts
Almond butter or at least natural peanut butter – not jif type

Tea:
Green tea or other teas – tea bags not tea bottle drinks

Vegetables:
Organic as much as possible
Options: Spinach, tomatoes, Romaine leafs (for wraps) mushrooms, onions, kale, carrots, cucumbers, broccoli, cauliflower, asparagus, garlic, mixed greens, peppers, celery, and hot peppers
*Sweet Potato/green beans

Fruits:
Organic as much as possible
Apples, avocado, pineapple, bananas, berries (strawberries, blueberries), mangos, pear, lemon, and peaches
*Cherries

Grains:
Ezekiel bread (also: rice or spelt)
Steel oats (for oatmeal)

Misc.:
Cottage cheese – low fat
Hummus
Greek yogurt – plain
String cheese