

New Year, New You Transformation Challenge

Week 4: Grocery List

Vegetables:

- ☐ **Greens:**
 - 3 cups baby spinach
 - 1 head green lettuce
 - 3 cups mixed greens
- ☐ 3 cups asparagus
- ☐ small basil leaves
- ☐ 1/2 cup broccoli (*may have leftover from last week*)
- ☐ 3 carrots
- ☐ 6 celery stalks (*may have already leftover*)
- ☐ 2.5 cups cherry tomatoes
- ☐ 1/2 cucumber (*may have leftover from last week*)
- ☐ 1 garlic if needed (3 cloves)
- ☐ 4 cups green beans
- ☐ 2-3" stick of ginger (for morning mojo if needed)
- ☐ 1 green pepper
- ☐ 1 red pepper
- ☐ 1 yellow pepper
- ☐ 1 red onion
- ☐ 5 tomatoes
- ☐ 2-3 yellow onion (need 1 + 1/4)
- ☐ 5 zucchinis

Fruit: (Organic as much as possible)

- ☐ 3 apples
- ☐ 3 avocados
- ☐ small container blueberries (freeze if leftover)
- ☐ 3-4 lemons
- ☐ **Frozen:**
 - 1/2 cup pineapple
 - 1 cup strawberries
 - 1/2 cup mixed berries
 - 1.5 cups blueberries

Meat & Other Protein:

- ☐ 1 lb. 93% lean ground turkey
- ☐ 20 oz. chicken breast (raw)
- ☐ 5 oz. PRE-COOKED chicken breast

Fish & Seafood:

- ☐ 20 oz. salmon fillets

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Eggs, Dairy, & Nut Milks:

- ☐ 6 eggs (*organic, free range, & hormone/antibiotic free if possible*)
- ☐ 1 cups plain Greek yogurt
- ☐ 2-3 cups unsweetened almond milk (box)

Items You Should **ALREADY HAVE** (replace as necessary):

- ☐ Vanilla Protein Powder
- ☐ Ezekiel Bread (freezer isle)
- ☐ Pink Himalayan Salt / Sea Salt
- ☐ Fresh Ground Pepper
- ☐ Dried Thyme
- ☐ Red Pepper Flakes
- ☐ Almond butter
- ☐ Almond flour
- ☐ Chia Seeds
- ☐ Hemp Seeds
- ☐ Almonds
- ☐ Cashews
- ☐ Walnuts
- ☐ Trail Mix
- ☐ Apple Cider Vinegar
- ☐ Balsamic vinegar
- ☐ Dijon Mustard
- ☐ Extra virgin olive oil
- ☐ Coconut oil (small jar)
- ☐ Honey