

## Grocery List Week 3

## 28 Day Summer Transformation Challenge

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### Vegetables:

- ☐ 2 heads of garlic
- ☐ 1 medium onion
- ☐ 2 tomatoes
- ☐ 1 medium carrot
- ☐ 1 green pepper
- ☐ 2 red or yellow bell peppers
- ☐ 1 cup fresh sprouts
- ☐ 1 whole fresh broccoli
- ☐ 1 small container sprouts
- ☐ 3-4 zucchini
- ☐ 1 cup Cherry tomatoes
- ☐ 1 small butternut squash
- ☐ 1 Spaghetti Squash
- ☐ **Veggies** for 4 salads/wraps + 2 snacks/sides + 3-5 cups veggies to steam as a side (*organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.*)
- ☐ **Lettuce** – for 3 green salads + 1-2 wraps (I prefer arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
- ☐ 5-6 cups organic baby spinach

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

- ☐ 1 apple
- ☐ 3 Haas Avocados
- ☐ 5 lemons
- ☐ 1 lime
- ☐ 2 bananas
- ☐ 1.5 cup fresh berries (need ¼ cup blueberries, raspberries, black berries, strawberries)
- ☐ 3.5" of ginger root (*optional~mojo*)
- ☐ **For smoothies, your choice of frozen berries** (meal plan suggests: ½ cup mixed berries, ½ cup blackberries, ½ cup blueberries)

### Meat & Protein:

- ☐ 1 ounce pancetta
- ☐ 4-8 ounces sliced turkey
- ☐ 8-12 oz. protein of choice (chicken, fish, turkey)
- ☐ 1 pound of grass-fed (and finished) ground beef

### Fish & Seafood:

- ☐ 8-12 ounces wild-caught shrimp
- ☐ 2 trout fillets (12-16 oz total)

### Eggs & Dairy:

- ☐ 6 eggs (organic, free range, & hormone/antibiotic free if possible)
- ☐ 2 servings full-fat Greek Yogurt

### Nuts and Seeds:

- ☐ ¼ cup oat groats
- ☐ ¼ cup steel-cut oats (*gluten-free*)
- ☐ ¼ cup pecans
- ☐ ¼ cup roasted unsalted almonds
- ☐ Quinoa (if you don't have any left)

### Miscellaneous:

- ☐ Grass-Fed Butter
- ☐ 1 cup Almond milk
- ☐ ½ cup of Pure Pumpkin (can)
- ☐ Unsweetened shredded coconut
- ☐ ¼ cup sundried tomatoes

### Spices & Fresh Herbs:

- ☐ 1 Tsp. ground vanilla beans  
(*optional – for Overnight Oats*)
- ☐ 1 large bunch fresh basil
- ☐ fresh thyme

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

- ☐ Protein Powder (Vanilla / Chocolate)
- ☐ Almond Butter (100% almonds)
- ☐ Ezekiel Bread (*freezer section*)
- ☐ Cold-Pressed Coconut Oil
- ☐ Extra Virgin Olive Oil
- ☐ Balsamic Dressing (*recipe page 3*)
- ☐ Maple Syrup
- ☐ Chia seeds
- ☐ Pumpkin Seeds
- ☐ Raw Chopped Nuts / Walnuts (1/2 cup)
- ☐ Cinnamon
- ☐ Pink Himalayan Salt
- ☐ Freshly Ground Pepper