

## Week 2: Grocery List

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### Vegetables:

☐ **Greens:**

- ☐ 3 cups baby spinach
- ☐ 5 cups kale leaves
- ☐ 6 cups mixed greens
- ☐ 4 cups collard greens
- ☐ 1 cup broccoli
- ☐ 7 carrots
- ☐ 2 celery stalks (*may have already leftover*)
- ☐ 2 cups cherry tomatoes
- ☐ 3 cucumbers
- ☐ 1 garlic (3 cloves)
- ☐ 2-3" stick of ginger
- ☐ 3 stalks of green onions
- ☐ 1-2 green peppers
- ☐ 1 cup green beans
- ☐ 2 red peppers
- ☐ 2 yellow peppers
- ☐ 1 jalapeno pepper
- ☐ 2 tomatoes
- ☐ 2 yellow onion
- ☐ 5 zucchinis

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

- ☐ 2 apples
- ☐ 3 avocados
- ☐ 4 lemons
- ☐ 2 limes
- ☐ 1 cup mixed berries (for yogurt – can use frozen if you prefer)
- ☐ **Frozen:**
  - ☐ 1 cup blueberries
  - ☐ 1.5 cups cherries
  - ☐ 1 cup mixed berries

### Meat & Other Protein:

- ☐ 1 lbs. 93% lean ground turkey
- ☐ 8 oz. pork chop
- ☐ 16 oz. chicken breast (raw)

### Fish & Seafood:

- ☐ 8 oz. smoked salmon
- ☐ 2 cod fillets (5-6 oz. each)
- ☐ 1 can Tuna

## New Year, New You Transformation Challenge

### Eggs, Dairy, & Nut Milks:

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

### Nuts and Seeds:

- ☐ small bag of cashews
- ☐ 16 oz. healthy trail mix

### Miscellaneous:

- ☐ Nutritional Yeast
- ☐ Dijon Mustard
- ☐ Honey Mustard
- ☐ 1 can Black Olives
- ☐ 1 can artichoke hearts
- ☐ Apple Cider Vinegar
- ☐ 1 cup Organic Salsa
- ☐ Ezekiel Bread (freezer isle)

### Spices:

- ☐ Dried Parsley
- ☐ Garlic Powder

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

- ☐ Vanilla Protein Powder
- ☐ Pink Himalayan Salt / Sea Salt
- ☐ Fresh Ground Pepper
- ☐ Chili Powder
- ☐ Cinnamon
- ☐ Cumin
- ☐ Paprika
- ☐ Almond butter
- ☐ Chia Seeds
- ☐ Pumpkin Seeds
- ☐ Walnuts
- ☐ balsamic vinegar
- ☐ coconut aminos (small bottle)
- ☐ Extra virgin olive oil
- ☐ coconut oil (small jar)