

Grocery List Week 1

28 Day Summer Transformation Challenge

Vegetables:

- ☐ 1 garlic (4 cloves)
- ☐ 1 red onion
- ☐ 3 yellow onions
- ☐ 3 sweet potatoes
- ☐ 1 tomato
- ☐ 1 carrot
- ☐ 1 green pepper
- ☐ 2 red bell peppers
- ☐ 1 jalapeno (*optional*)
- ☐ Small container sprouts
- ☐ ½ cup fresh broccoli
- ☐ 5 zucchini
- ☐ 1 yellow squash
- ☐ 1 fennel bulb
- ☐ 1 head of fresh Butter Lettuce
- ☐ **Veggies** for 4 salads & 4 wraps
(*organic as much as possible:*
Tomatoes, mushrooms, red peppers,
cucumber, onion, carrots, broccoli,
cauliflower, etc.)
- ☐ **Lettuce** – for 4 green salads (*I*
prefer arugula/spinach/mixed
greens, anything EXCEPT Iceberg)
- ☐ 3-6 cups spinach (smoothies)

Fruit: (Organic as much as possible)

- ☐ 5 apples
- ☐ 4 Haas Avocados
- ☐ 1 mango
- ☐ 6 lemons
- ☐ 1 lime
- ☐ 2 large oranges
- ☐ 3.5" of ginger root (*optional~mojo*)
- ☐ 2 bananas
- ☐ ½ cup fresh berries
- ☐ ¼ cup red seedless grapes
- ☐ **For smoothies, your choice of frozen berries** (meal plan suggests: 1.5 cups mixed berries, ½ cup blueberries, ½ cup strawberries)

Meat & Protein:

- ☐ Small package of nitrate free bacon
(*2 strips*)
- ☐ 3 boneless, skinless chicken
breasts (12-24 oz. depending on
requirements)
- ☐ 1/2 lb. ground turkey meat
- ☐ 1/2 lb. ground grass-fed beef
- ☐ 4-8 oz. precooked protein of choice
(chicken, fish, turkey)
- ☐ 4-8 oz. of precooked chicken breast

Fish & Seafood:

- ☐ 2 wild-caught tilapia fillets (*4-8 oz. each depending on protein intake*)

Eggs:

- ☐ 10 eggs (*organic, free range, & hormone/antibiotic free if possible*)

Nuts and Seeds:

- ☐ small container of chia seeds
- ☐ small bag raw walnuts
- ☐ small bag almonds
- ☐ small bag pumpkin seeds

Miscellaneous:

- ☐ Almond Butter (100% almonds)
- ☐ Extra Virgin Olive Oil
- ☐ Cold-Pressed Coconut Oil
- ☐ Vanilla Extract (NO HFCS)
- ☐ 1 container Coconut milk OR almond milk
- ☐ Cacao powder (raw, unprocessed)
- ☐ Raw Honey OR Stevia
- ☐ 1 cup can of organic pumpkin
- ☐ 14 oz. can crushed tomatoes
- ☐ 8 oz. jar tomato sauce
- ☐ 1 can diced green chilies
- ☐ 3 cups Chicken stock (low-sodium)
- ☐ ½ cup Beef stock
- ☐ Aged Balsamic Vinegar (no HFCS)
- ☐ 1 small container hummus
- ☐ Honey Mustard (organic if possible)

Spices:

- ☐ Pink Himalayan Salt
- ☐ Ground Cumin
- ☐ Fresh Ground Pepper
- ☐ Cinnamon
- ☐ Italian seasoning (*sodium-free*)
- ☐ Dried Rosemary
- ☐ Dried Parsley
- ☐ Smoked Paprika
- ☐ Chili Powder
- ☐ Cayenne Pepper
- ☐ Granulated Garlic
- ☐ Ground Coriander

Supplements:

- ☐ **Protein Powder** (vanilla and/or chocolate but anything without Soy (or lecithin) and has 5 ingredients or less is fine. Check meal plan FIRST before deciding on which flavor you want. Smoothies are interchangeable on the plan.

*****You will have a few leftover ingredients once this week is over. Make sure to save / freeze unused ingredients for following weeks.**