

# WEEK ONE

## GROCERY LIST

### Fruit

- Bananas(5-6)
- Oranges (2)
- Strawberries (fresh or frozen)
- Mango (1)
- Pineapple (1)

### Nuts & Seeds

- Cashews
- Pecans
- Almonds
- Pumpkin seeds
- Sunflower seeds
- Chia or flax or hemp hearts

### Fish

- Shrimp (12-16 pieces)
- White flakey fish (cod) (2-4 pieces)

### Vegetables

- Spinach (1 large bag)
- Boston lettuce or Romaine (1)
- Kale (1)
- Avocado (3)
- Cabbage (1 head)
- Carrots (1 large bag or 2 small)
- Celery (1)
- Yellow onion (1 bag)
- Red onion (1)
- Tomatoes (10)
- Red pepper (2)
- Green pepper (2)
- Jalapeno (1)
- Zucchini (1)
- Cauliflower (3)
- Green beans (2 cups)
- Broccoli (1)
- Snap or snow peas (1 pack)
- Spaghetti squash (1)
- Butternut squash (1)
- Lemon (1)
- Lime (2)
- Garlic

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### Packaged & Canned Goods

Coconut flakes (unsweetened)  
Steel cut oats  
Raisins  
Coconut milk can (full fat) (2)  
Chicken broth (2)  
Chickpeas (3 cans)  
Beans of choice (2 cans)  
Tuna (1 can)  
Tomato paste (1 can)  
Almond butter  
Red curry paste

### Liquids & Oils

Vanilla extract  
Almond milk or coconut milk  
Coconut oil  
Sesame oil  
Extra virgin olive oil  
Balsamic vinegar

### Spices

Fresh ginger  
Fresh thyme  
Fresh parsley  
Cinnamon  
Cayenne pepper  
All spice  
Turmeric  
Cumin  
Sea salt  
Garam masala  
Chilli powder  
Oregano  
Onion powder  
Paprika  
Salt  
Pepper