

WEEK TWO

GROCERY LIST

Fruit

- Bananas(3-4)
- Oranges (2)
- Strawberries (fresh or frozen)
- Pineapple (1)
- Pomegranate (1)

Nuts & Seeds

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

Fish

- Salmon (3-4 pieces)
- Anchovies

Meat

- Chicken (whole) (1)
- Ground chicken (0.5-1 lb) (2)
- Chicken thighs (boneless, skinless) (1-2 lbs)

Vegetables

- Spinach (1 bag)
- Romaine (1)
- Avocado (2)
- Carrots (3)
- Yellow onion (1 bag)
- Red onion (3)
- Tomatoes (2)
- Red pepper (3)
- Green pepper (2)
- Jalapeno (1)
- Cauliflower (1)
- Broccoli (1)
- Brussels sprouts
- Yams (7-8)
- Lemon (1)
- Lime (1)
- Garlic
- Green onion
- Fresh basil
- Fresh ginger
- Fresh rosemary

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GROCERY LIST

Packaged & Canned Goods

Water chestnuts (sliced)
Coconut flakes (unsweetened)
Raisins
Almond butter
Steel cut oats
Coconut milk (2 cans)

Liquids & Oils

Almond milk
Worcestershire sauce
Coconut oil
Sesame oil
Soy sauce
Rice wine vinegar
Chili sauce

Dairy

Eggs (2 dozen)
Butter

Spices

Coriander
Cinnamon
Nutmeg
Jerk or chipotle
Curry
Red pepper flakes
Paprika
Chili powder