

WEEK THREE

GROCERY LIST

Fruit

Bananas (3)
Oranges (1)
Berries (fresh or frozen)
Lime (1)

Nuts & Seeds

Cashews
Nutty cereal mix (almonds,
cashews, pecans, walnuts,
pumpkin seeds)

Fish

Cinnamon
Cayenne
Oregano
Italian seasoning

Fish

Shrimp (2 dozen)

Vegetables

Spinach (1 bag)
Avocado (1)
Beets (6-8)
Celery
Carrots
Onion (5)
Red onion (1)
Parsnips (3)
Cabbage (1 head)
Rhubarb
Zucchini (10)
Snow peas
Green onions
Cucumber
Tomatoes (2)
Shallots (2)
Cilantro
Jalapeno
Garlic
Fresh dill
Fresh rosemary
Fresh parsley

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GROCERY LIST

Dairy & Eggs

Whipping cream
Parmesan cheese
Eggs (7)

Meat

Ground beef (3-4 lbs)
Chicken breasts (5-6)

Liquids & Oils

Almond milk
Vanilla extract
Coconut oil
Olive oil
Fish sauce
Coconut aminos
Beef broth (2 cartons)
Vegetable broth (2 cartons)
Tomato soup (1 can)

Processed and Canned Goods

Coconut milk (full fat) (1 can)
Coconut flakes
Raisins
Almond butter
Apple sauce (unsweetened)
Sundried tomatoes
Quinoa
Steel cut oats
Tomato sauce (2 cans)
Almond flour

Additional