

# 2016 Challenge: Grocery List Week 2

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## Vegetables:

- 2 heads of garlic
- 1 head cauliflower
- 1 head broccoli
- 2 sweet onions
- 1 purple onion
- 1 sweet potato
- 1 cup Cherry tomatoes
- 2 tomatoes
- 3 carrots
- 2 red peppers
- 1 bunch of asparagus
- 1 jalapeno
- Small container fresh sprouts
- 2 zucchini
- 1 cucumber
- 1 large leek
- 2 celery ribs (1 head)
- 1/2 lb. Cremini mushrooms
- 1 bunch of fresh cilantro
- Veggies** for 5 total salads & snacks  
*(organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)*
- Lettuce** – for 5 green salads (I prefer arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce.)
- 2-4 large Butter Lettuce leaves (or Romaine) for wraps
- 8 ounces frozen spinach
- 1.75 lbs. baby spinach
- 2 cups kale

## Fruit: (Organic as much as possible)

- 2 apples
- 2 Haas Avocados
- 2 mangos
- 5 lemons
- 2 limes
- 2 kiwi
- 1 banana
- 3.5" of ginger root *(optional~mojo)*
- 1 cup fresh berries (blueberries, raspberries, black berries, strawberries)
- 1 cup frozen berries

## Meat & Protein:

- 9 ounces sliced Prosciutto di Parma *(at the deli counter)*
- 1 pound organic turkey loin
- 2 all-natural and organic pork chops (5-9 ounces each)
- 12-20 oz. precooked protein of choice (chicken, fish, turkey)

## Fish & Seafood:

- 1 lb. salmon (wild if possible)

## Eggs & Dairy:

- 9 eggs (organic, free range, & hormone/antibiotic free if possible)
- 2 servings full-fat Greek Yogurt
- OPTIONAL: Rind from a chunk of Parmesan Cheese (*for minestrone*)

## Nuts and Seeds:

- 1 Tbsp. Flax seeds
- 1.5 oz. sesame seeds
- ½ cup ground almonds (*if you want to make this you'll need 1 cup whole almonds*)
- Also- small bag almonds if you don't already have

## Miscellaneous:

- 3 cups Unsweetened Vanilla Almond Milk
- Loaf Ezekiel Bread (*freezer section*)
- Almond Extract
- 1 can Coconut milk
- 2 Tbsp. Coconut flour (*can get online – won't need until Saturday*)
- 1 can kidney beans
- ½ cup can of Pumpkin Puree
- Maple Syrup
- 14.5 oz diced tomatoes in juice
- 1 Tbsp. Tomato paste
- 7-9 cups reduced-sodium Chicken Broth (*organic if possible*)
- Pepperoncini peppers (*1/4 cup, optional for Greek Salad*)
- Kalamata olives (*1/4 cup, optional for Greek Salad*)
- Wholegrain Mustard
- Dijon mustard (*no HFCS*)
- Red Wine Vinegar
- 1 small can chipotle peppers in adobo sauce
- Small box uncooked quinoa

## Spices:

- Crushed Hot Red Pepper Flakes
- Oregano
- Bay Leaves
- Basil
- Lemon pepper
- Onion powder

## Items You SHOULD ALREADY Have (replace as necessary):

- Vanilla Protein Powder
- Almond Butter (100% almonds)
- Raw Honey or Stevia
- Cinnamon

- Chia Seeds
- Vanilla Extract (NO HFCS)
- Cold-Pressed Coconut Oil
- Pink Himalayan Sea Salt
- Freshly Ground Pepper
- ¼ cup raw, unsalted nuts

- Extra Virgin Olive Oil
- Ground Cumin
- Pumpkin Seeds
- Balsamic Dressing (*recipe on page 3*)