

28 Day Challenge: Grocery List Week 1

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.***