Wiped Out Grocery List ~ Week 3

Vegetables: (Organic as much as possible)

* 1 garlic
* 2 sweet onion + 1 red onion
* 1 head broccoli
* 1 Zucchini
* 2-3 cups Brussels Sprouts
* 2 Rutabagas
* 4 Plum tomatoes (PLUS any extra you want for 4-5 salads/wraps)
* 1 bunch Asparagus (fresh or frozen)
* 1 head cauliflower (for Sat)
* **Lettuce – for 3 salads & 1 wrap** (Can use your Romaine here, or get arugula/spinach/ mixed greens, anything EXCEPT Iceberg.
* **Spinach** – 8 oz +1 bags (smoothies & Frittata)
* Veggies you want for your **4 salads/wraps** (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

Fruit: (Organic as much as possible)

* 1 apples
* 2 bananas
* 1 grapefruit (red)
* 2 pieces of fruit of choice (plum, peach, etc.)
* For smoothies, choice of frozen: mango strawberries, blueberries, pineapple, papaya, orange (3-4 cups of frozen fruit TOTAL)
* 2 Haas Avocados
* 3 lemons

Meat:

* 8 oz. lean meat for Salads (can get in-house roasted tky from Whole food, OR you can use pre-made chicken, turkey burger, etc.)
* 4 boneless/skinless chicken breast (free range & antibiotics/hormones free)
* Small package of nitrate free bacon *(IF you need to replace)*
* 1 (or 2!) x 1 lb. pork tenderloin (hint: you may want to double this recipe!)

Fish & Seafood:

* 1 can Tuna
* 2 x 5 oz. Salmon Steaks (Boneless & Skinless. Try to get wild and NOT previously frozen)

Eggs:

* 9 eggs (organic, free range, & hormone/antibiotic free if possible)

Miscellaneous:

* 4 oz. Greek Plain Yogurt
* Dijon Mustard (if you don’t already have)
* 1 container Chicken Stock (low sodium) for Mashed Cauliflower & Rutabaga
* *(Optional – if need to replace)* – for Choc & Coconut Superfood Shake): Coconut milk OR almond milk, **Cacao (raw unprocessed cocoa),** goji berries, coconut butter

Fresh Herbs:

* Fresh Rosemary (not optional)
* Fresh Thyme / (or dried- you should already have dried)
* Fresh Flat Leaf Parsley

Supplements:

* 2 Protein Bars

Ingredients you should ALREADY have: **items in bold- you will need for this week**

* **Protein Powder**
* **Daily Women’s Multi Vitamin**
* (Optional) Super Greens (by Amazing Grass or something similar)
* **Almond Butter**

**Replenish your Trail Mix & Protein Bars as necessary:**

* **For Trail Mix #1:** ½ cup ground flax seeds, 1 cup raw pumpkin seeds, 1 cup raw sunflower seeds, 3 cups shredded unsweetened coconut, 4 cups raw slivered almonds, ½ cup unsweetened dried cherries OR Raisins (choose ONLY mix #1 or #2, not both)
* **For Trail Mix #2:** 1/2 cup raw walnuts, 1/2 cup almonds, 1/2 cup pecans, 1/2 cup raw pumpkin seeds, 1/2 cup sunflower seeds, 1/4 cup chopped dried apricots, 1/4 cup dried cranberries (sweetened with apple juice), 1/4 cup dried unsweetened blueberries, 1/4 cup dried golden raisons
* **PROTEIN BAR Option #1:** You’ll need 1.25 cups slivered almonds, 1 cup pecans, 1/3 cup ground flax meal, 7 large Medjool dates, 1/3 cup dried unsweetened cherries, 1/3 cup dried apricots
* **PROTEIN BAR Option #2:** You’ll need ½ cup slivered almonds, ½ cup chopped pecans, 1/2 cup dried cranberries or blueberries, 1/4 cup unsweetened coconut
* **Almond Butter** (100% almonds- I get the 365 brand from Whole Foods)
* Cold-Pressed Coconut Oil (I usually get Artisana or Spectrum Naturals from WF)
* **Extra Virgin Olive Oil**
* **Aged Balsamic vinegar – (no high fructose corn syrup)**
* **Apple Cider Vinegar**
* Bottle of white wine
* **Honey Mustard (organic if possible)**
* Raw Organic Honey OR jar of Coconut Sugar
* 1 Jar of Tomato Sauce (my fav is Mario Batali Marinara)
* 1 package almond meal, aka: almond flour (at Whole foods)
* 1 (14 oz.) can chopped tomatoes
* Vanilla Extract (NO HFCS)
* Baking Soda
* Coffee and/or Tea bags (OPTIONAL)

Spices: items in bold- you will need for this week

* **Sea Salt or Kosher Salt**
* **Freshly Ground Pepper**
* Dried Onion Powder
* Garlic Powder
* **Thyme**
* Basil
* Dried Parsley
* Pumpkin Pie Spice
* Cardamom
* Ground Ginger
* Cumin
* Cayenne Pepper
* Red Pepper Flakes
* **Tarragon**
* Oregano
* Cinnamon