



Grocery List for Week 1

Look at your menu, pick your meals, check out the recipes. All the ingredients are listed below. Print and circle the ones you need for the recipes you choose. Remember you can always use ones from week one. Mix and match. You have so many healthy clean options!!!

Staples:

- Eggs
- Avocado
- Nut butter
- Raw nuts
- Deli Turkey (Store baked or nitrate free)
- Veggies for snacking and roasting as sides
- Hummus
- Olive oil/Sesame Oil/Coconut Oil (comes with no flavor, check whole foods or health food store)
- Low sodium soy Sauce and tamari
- Franks Red Hot sauce
- Irish butter
- Canned Tuna/Chicken
- Honey Cup mustard
- Mayo
- Salsa
- Lemons
- Limes
- Apple Cider Vinegar/White Wine Vinegar/Red Wine Vinegar/Balsamic Vinegar/Rice Wine Vinegar
- Red pepper flakes/Chili Powder/Ground Cayenne pepper
- Cumin/Cinnamon
- Garlic/Garlic powder
- Paprika
- Sea Salt/Kosher Salt
- Vegetable/beef/chicken stock
- Honey



For your recipes:

- Lettuce
- Cauliflower rice
- Celery
- Butternut squash
- Zucchini
- Broccoli
- Kale
- Spinach
- Asparagus
- Cucumber
- Bell peppers
- Golden beets
- Fennel
- Cherry tomato/tomato/diced
- Carrots
- Brussel Sprouts
- Shredded carrots/carrots
- Cole Slaw Bag/Bean Sprouts
- Red onion
- Onion
- Shallots
- Fresh Ginger
- Cilantro/Parsley/Basil/Rosemary/Thyme
- Basil/parsley/oregano/bay leaf
- Unsweetened Almond and Coconut Milk
- Unsweetened dried cranberries
- Vanilla
- Pesto
- Coconut Water



- **Proteins:**

- Ground turkey/Ground Pork (if you are making any of the taco or pesto meats recipes)
- Chicken breast
- Shrimp
- Tuna steaks

Notes and Additional Items:

Clean Cut Grocery Shopping Fact of The Week!

Trader Joe's heat and serve grilled chicken strips are a great grab. Easy to throw on salad or grab for a snack. You can find in the deli section.

