

Week 2 Shopping List

Veggies	Fruit	Frozen	Meat/Dairy	Misc	
4 Bell Peppers	2 Grapefruit	2 bags Mango	1-2 ctr Non-Dairy Milk	Oats	
2 Zucchini	1 Mango	1 bag Peaches	1 lb chicken (opt)	Quinoa	
1-2 Yellow Squash	1-8 Lemons	1 bag Corn		Rice	
4 Cucumbers	2-3 bunches Bananas	1 bag Cherries		1 pkg Corn Tortillas	
5 Tomatoes	1 Granny Smith Apple	1 bag Blueberries		2 c Chicken/Veg Stock	
1 bag Baby Carrots	3 Apples	1 bag Strawberries		2 cans Black Beans	
1 head Broccoli	1 Lime			1 can Chickpeas	
1 sm head Cauliflower				1 15-oz can Pumpkin Puree	
1 bunch Green Onions				1 sm jar/can Applesauce	
1 bunch Parsley				Oil (Olive, Avocado, or Coconut)	
1 bunch Cilantro				Craisins	
1 pkg Asian Salad Mix				Raisins	
1 bunch Swiss Chard				Flax Seeds	
1 pkg Mushrooms				Chia Seeds	
1 head Garlic				Sesame Seeds	
1 sm ctr Basil				Bragg's Liquid Aminos (spray bottle)	
2 Avocados				Cocoa Powder/Raw Cacao	
				Cinnamon	
				Ginger	
				Salt	
				Pepper	
				Stevia (NuNaturals is good)	
				Vanilla	
				Honey/Maple Syrup	
				Protein Powder	