

Shopping List Week 4

28 Day Challenge

Fruits and Vegetables (stick with organic)

- 1 bunch of parsley
- 1 bunch of fresh chives
- 1 package of fresh basil
- 30 strawberries
- 2 heads of cauliflower
- 1 head of broccoli
- 4 carrots
- 10 asparagus spears
- 1 head of garlic
- 1 lemon
- 3 green onions
- 2 onions
- ½ C frozen peas
- 10oz container mixed greens
- 10 grape tomatoes
- 1 C raspberries
- 1 head boston bibb lettuce
- 1 bag coleslaw veggie mix
- 1 banana
- 1 plum
- 1 sweet potato

Cooking Fats (If you have none left over)

- ghee
- extra virgin olive oil

Protein Meat and Fish

- 9 large eggs
- 1 pint of pasteurized liquid egg whites
- 15 chicken wingettes
- 8oz. package of smoked salmon
- 1lb. flank steak
- 1lb. haddock fillets
- 1 ½ lb. pork loin
- 8oz. filet mignon

Miscellaneous (If you have none left over)

- 1 3oz. bag organic turkey jerky
- 1 C quinoa
- coconut aminos
- 24oz. almond milk – unsweetened vanilla
- 1 8oz. bag hemp hearts or hemp seeds
- 1 small jar almond butter
- 1 small container salted almonds
- 1 cups rolled oats
- 1 small bottle red wine vinegar
- 1 ½ C organic unsalted chicken stock
- dijon mustard
- 4oz. dried pitted dates

Spices (If you have none left over)

- onion powder
- oregano
- cayenne pepper