

SUMMER
SWEAT
series

Grocery List | Week 1

Vegetables

- 1 large sweet potato
- 8 red bell peppers
- 1 carrot
- 2 jalapenos
- 3 yellow onions
- 2 red onions
- 1 small bunch of asparagus
- large bunch broccoli
- 1 cup fingerling potatoes
- Container of sprouts
- Bag of frozen corn
- 6 small tomatoes
- 1 pound fresh green beans
- Bunch of green onions
- Bag of spinach (1 cup)

Fruit

- 3 avocados
- 6 bananas
- 1 pint of blueberries
- 1 mango
- 1 lime
- 1 lemon
- Bag of dried canberries (you'll need 1/4 cup)

Proteins

- 2 dozen eggs
- 1 pound fresh salmon
- 2 1/2 pounds boneless skinless chicken
- Container of red bell pepper hummus

Grains

- Bag of quinoa
- Package of brown rice
- Package of forbidden/black rice
- Package of 8 corn tortillas
- Loaf of sprouted bread

Dairy

- Carton of almond milk
- 2 small (5.3 oz) container of vanilla greek yogurt
- Container of mozzarella balls (1/2 cup)

SUMMER SWEAT series

Grocery List | Week 1

Baking Supplies

- Bag of flax seed meal
- Bag of almond meal/flour
- Bag of coconut flour
- Container of rolled oats
- Bag of coconut sugar
- Bag of chocolate chips (dairy free if desired)
- Vanilla protein powder of choice (or you can sub greek yogurt)
- Honey
- Cinnamon
- Baking soda
- Vanilla extract
- Almond extract
- Peppermint extract
- Coconut oil
- 1 (3 oz) dark chocolate bar

Pantry Staples

- Salt+Pepper
- Cumin
- Chili powder
- Dried oregano
- Cayenne pepper
- Sesame seeds
- Garlic
- Olive oil
- Italian seasoning
- Parmesan
- Garlic powder
- Sesame oil
- Hot sauce
- Soy sauce
- Chili paste
- Dried thyme
- Paprika
- Onion powder

Canned Goods

- 1 carton of creamy tomato soup
- Jar of salsa verde (need 1/3 cup)
- Jar of hoisin sauce
- 2 (15 oz) cans of black beans
- 1 (15 oz) can of chickpeas

Nuts & Seeds

- Jar of natural peanut butter
- Jar of natural almond butter
- 1 cup roasted cashews
- 1/4 cup chopped walnuts
- Chia seeds

Herbs

- 1 bunch cilantro
- Package of fresh basil
- Fresh ginger