Shopping List : Week 2

Vegetables

Avocado
Broccoli
Cabbage
Carrots
Celery
Diced tomatoes
Garlic
Mixed greens
Mushrooms
Parsnips
Peppers
Red potato
Spinach
Sweet Potato
Tomato
Tomato paste
Yellow Onion

Beans

Canned black beans

Canned kidney beans

Grains

Ancient Grains- quinoa
Rice
Rice cakes
Gluten,corn, and soy free pasta

Meats

Stewing Beef
Ground Beef
Ground Turkey
4 Chicken Breasts

Fruit

Banana
Berries- frozen
Lemon
Limes
Peaches- frozen
Raisins

Nut & Seeds

Chia seeds
Coconut
Sliced almonds

Oils and dressings

Apple cider and balsamic vinegar
Olive oil, coconut oil, ghee

Herbs and spices

Black Pepper
Celtic Sea Salt
Cinnamon
Garlic
Nutmeg
Parsley/cilantro
Pure vanilla extract
Thyme
Tumeric
Unsweetened coco powder
Chili Powder