



# Grocery List

## PRODUCE

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- 2 litre container of mixed greens
- 1 small bunch kale
- 1 bunch fresh spinach
- green cabbage
- red cabbage
- 2 bunches of cilantro
- 1 bunch parsley
- 1 bunch celery
- 1 bunch green onions
- 12 lemons
- 2 limes
- 3 inch piece of ginger root
- 3 heads of garlic
- 3 lbs carrots
- 1 beet
- 2 red bell peppers
- 1 avocado
- 2 heads cauliflower
- 2 heads broccoli
- 2 medium zucchini's (if using for Alfredo recipe see day 10)
- 1 cucumber
- 3 large yellow onion
- 1 large shallot
- 1 ½ lbs sweet potatoes

## DAIRY

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- 1 lb grass-fed butter or ghee

## SPICES

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- cinnamon
- vanilla stevia
- nutmeg
- garam masala (Indian spice)

## PROTEIN

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- 1 pack cold smoked, wild sockeye salmon
- 2 1/2 lbs assorted beef marrow bones
- 12 eggs
- 2 1/2 lbs fresh wild salmon

## CANNED

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- 1 can of plain artichokes
- 1 can of marinated artichoke hearts
- 2 cans of chickpeas
- 1 can full fat coconut milk
- 1 can white beans
- 1 can peeled tomatoes

## DRY FOOD

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- 1 1/2 cup shredded coconut unsweetened
- 20oz MCT oil
- 1/2 cup chia
- 1/2 cup raw sunflower seeds
- 1/2 cup raw almonds
- 1/8 cup pine nuts or just use sesame seeds
- 1/2 cup raw pumpkin seeds
- hot sauce
- tahini paste
- red curry paste
- raw almond butter
- 1 cup split red lentils
- 1 pack seasnax wasabi flavour
- unsweetened almond milk
- 1 cup nutritional yeast flakes
- 2 miracle noodle bags OR 2 nuPasta Konjac Noodles pack OR use zucchini noodles
- baking powder
- coconut flour
- coconut oil
- almond milk

## MORNING BREWS AND GREEN DRINK INGREDIENTS

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Go through the recipe options and pick and choose the recipes you want to try. The ingredients for the Morning Brew's and snack recipes are not included in this grocery list.

