



Grocery List

PRODUCE

- 12 lemons
- 1 lime
- 2 lb fresh asparagus
- 1 beet
- green cabbage
- red cabbage
- 4 cup mixed baby greens
- romaine or green leaf lettuce
- 1 bunch kale
- 2 bunches fresh spinach
- 1 lb brussel sprouts (frozen if not in season)
- 1 bunch green onions
- 3 yellow onions
- 1 butternut squash
- 3 shallots
- 1 small red onion
- 1 medium sized yam OR sweet potato
- 2 heads of garlic
- 6 avocados (get extra for snacks!)
- 1 cucumber
- small pack of cherry tomatoes
- 3 lbs carrots
- 1 small bunch celery
- 1 c sprouts
- 3 heads cauliflowers
- 1 large head of broccoli
- 1 bunch cilantro
- chives
- rosemary
- thyme
- sage
- dill
- basil leaves
- parsley leaves
- 1 lb portobello or button mushrooms

DAIRY

- 1 lb grass-fed butter or ghee

SPICES

- organic garlic powder
- pink himalayan salt
- vanilla extract or vanilla bean powder
- black pepper
- cayenne pepper
- organic cumin
- organic turmeric
- organic chili powder
- organic oregano
- organic coriander
- mustard seed

CANNED

- 1/2 cup sun-dried tomatoes
- 1-3 cans of chickpeas
(we use roasted chickpeas for yummy toppers)
- 1 can of tomato sauce
- 1 can full fat coconut milk
- 10-15 kalamata olives
- 1 can black beans

PROTEIN

- 2 1/2 lbs assorted beef marrow bones
OR Organic, free range store bought bone broth
- 12 free range eggs
- canned tuna or canned salmon
- collagen protein powder unflavoured

MORNING BREWS AND GREEN DRINK INGREDIENTS

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.

