



30 Reset Meal Plan Shopping List: WEEK 2

Remember to purchase as many items organic as possible. Refer to the Dirty Dozen/Clean 15 List as to what's most important to do so. I've listed many items as "optional" to help with budgets. Read over the recipes FIRST and decide if you'd like to have these items on hand. You should have a lot of what's on this list from last week. Yay!

Produce:

- ☐ 1 head of broccoli (optional, for the veggie quiche)
- ☐ Green onion bunch (you can sub dried)
- ☐ 6 sweet potatoes (it's a lot this week I know!)
- ☐ Salad mix
- ☐ 4 heads of lettuce (romaine, iceberg, red, etc.)
- ☐ 2 bags of carrots
- ☐ 1 green pepper (optional for salads)
- ☐ 1 cucumber (optional)
- ☐ 1 celery bunch
- ☐ Garlic
- ☐ 3 yellow onions
- ☐ 1 bag of red or yellow potatoes (if you want to change up the sweet potato action)
- ☐ 1 tomato (optional, for salads)
- ☐ 3 green plantains
- ☐ 3 avocados, ripe (keep it in the fridge)
- ☐ 1 large package of mushrooms (or 2 small)
- ☐ 1 bunch of kale, spinach, or chard (remember, you can add these to smoothies too!)
- ☐ 1 melon of choice
- ☐ 1 bunch of bananas
- ☐ Veggies, your choice, to go on the grill with Chicken Kabobs (mmm asparagus)
- ☐ 1 green cabbage
- ☐ Sweet peppers (optional)
- ☐ 4-5 zucchinis

Meat/Seafood/Eggs:

- ☐ Turkey and or ham lunch meat (high quality such as Applegate etc.)
- ☐ 1 dozen eggs (free range/organic if you can. Local fresh farm eggs-even better!)
- ☐ Tuna
- ☐ 1 package of sausage or brats made with clean ingredients, preferably pasture raised
- ☐ 1 pound of wild-caught shrimp
- ☐ 1-3 pound of org. chicken breast or thigh or both, boneless
- ☐ 2 pounds of organic ground turkey (you can budget with conventional if needed, check my cheat sheet for best pricing on organic)



- ☐ 1-3 pound pork roast, pasture-raised if possible
- ☐ 3 pound grass-fed beef (best prices I have found is at the Grocery Outlet or local farmers)
- ☐ Smoked Salmon (pricey, you can substitute with canned fish if you prefer)
- ☐ 2 pounds of organic chicken wings or drumsticks

Other Grocery Needs:

- ☐ Coconut aminos (use often for flavor when cooking if you like)
- ☐ Paleo-friendly mayo (if you are egg sensitive, choose soy-free Vegemise)
- ☐ Cashew cheese, refrigerator section (optional, will be used for the greek salad)
- ☐ Spices: garlic powder, onion powder, turmeric, ginger powder, himalayan sea salt, cinnamon, bay leaf, sage, thyme, allspice, parsley, italian, and optional dried chives
- ☐ Sesame seeds (optional for wings)
- ☐ Herbs (fresh or dried): parsley, cilantro, thyme, rosemary, dill
- ☐ Non-dairy unsweetened milk (any except soy, I prefer flax)
- ☐ Unsweetened coconut yogurt (This may be hard to find. It's generally in natural food stores but it's becoming more popular at big grocers too.)
- ☐ Sauerkraut, Bubbies brand in the refrigerated section contains probiotics for healing and lasts a long, long time since it is fermented. Go slow (small amounts) to start with it.
- ☐ Frozen pineapple and mango for smoothies
- ☐ White vinegar
- ☐ Balsamic vinegar
- ☐ Oils (olive oil, avocado oil, coconut oil, and/or ghee)
- ☐ Sesame oil (watch ingredients)
- ☐ 2 cans coconut milk (the cleaner the ingredients the better)
- ☐ Spirulina (optional add in for smoothies)
- ☐ Mustard (yellow, dijon, whatever you like)
- ☐ Nuts, any kinds (salted or unsalted)
- ☐ Nut butter or sunflower butter, unsweetened
- ☐ Olives- kalamata or other types
- ☐ Artichoke hearts in water (optional for tuna salad add-in)
- ☐ Pepperoncini (optional, for Greek Salad)
- ☐ Bone broth 1-2 containers (if you are choosing not to make it)
- ☐ 100% pure maple syrup
- ☐ Fish sauce (optional, make sure it's the Red Boat brand)
- ☐ Coconut flour ($\frac{1}{4}$ C) (optional, for meatballs)
- ☐ Honey, raw/local gives you the best benefits (Costco has a great price on this)