

## Grocery Shopping List - Week Five

- Sweet potatoes
- 2 Bags dried red kidney beans
- Organic potatoes
- Organic carrots
- Organic celery
- Organic collard greens, swiss chard, spinach or kale
- Limes
- Lemons
- Cabbage
- Organic Red or yellow pepper
- Organic green pepper
- Cilantro
- Organic romaine or mixed salad greens
- Tomatoes
- Onions
- Garlic
- Parsley
- Bananas
- Eggs
- Ezekiel bread
- Brown rice
- Granola
- Green tea
- Peanut or almond butter
- Ghee
- Corn tortillas
- Greek yogurt plain
- Salsa
- Organic Monterey Jack or cheddar
- Organic butter
- Organic milk, rice or almond milk
- Frozen corn
- 2 28 oz Cans whole tomatoes
- Black olives
- Vegetable flavoring
- Extra virgin olive oil (unrefined)
- Grape seed oil
- Hot sauce
- Dry red wine
- Turmeric
- Cumin
- Oregano
- Cayenne pepper
- Chili powder
- Bay leaves
- Dried basil