

Grocery Shopping List - Week Seven

- Butternut squash
- Hot pepper (optional)
- 2 Red onions
- 2 bunches asparagus
- 2 bunches broccoli rabe
- Organic carrots
- Organic celery
- Organic kale or mustard greens
- Beet greens or Swiss chard
- Broccoli
- Lemons
- Organic romaine or mixed greens
- Tomatoes
- Onions
- Garlic
- Fresh parsley
- Bananas
- Eggs
- Ezekiel bread
- Brown rice
- Granola
- Green tea
- Peanut or almond butter
- Ghee
- Hard parmesan cheese
- Organic butter
- Organic milk, rice or almond milk
- Adzuki beans
- Kombu (dried seaweed)
- Brown or green lentils
- Cup garbanzo beans can or dried
- Tamari or low sodium soy
- 7 Cups vegetable broth or flavoring
- Extra virgin olive oil
- Can of coconut milk
- Sea salt
- Ground nutmeg
- Lemon pepper or Mrs. Dash Curry powder
- Grains
- Quinoa
- Pasta (brown rice, spelt, or DeBoles brand)
- Mackerel, salmon or halibut
- Chicken or shrimp (optional)