

# Week 2 Shopping List:

## Fruit

Lime (2 small)  
Mangoes (5)  
Pineapple (1 small)  
Bananas (6 medium)  
Papaya (1 large)  
Orange (1)  
Young green or Thai coconut  
Strawberries (2 cups worth)  
Apple (1)

## Vegetables

Zucchini (4 medium)  
Campari tomatoes (25)  
Large Tomatoes (3)  
Red onion (1 small)  
Avocado (2)  
Fresh spinach (1 bunch or 2 chopped cups worth)  
Kale (1 bunch or 2 chopped cups worth)  
Red bell pepper (5)  
Carrots (3 medium)  
Cucumber (1 medium)  
Sundried tomatoes (1 and ¼ cup worth)  
Celery (2 stalks)  
Alfalfa sprouts (1 package)

## Sea Vegetables

Nori sheets (1 package)  
Dulse flakes

## Herbs and Spices

Fresh cilantro (2 to 3 sprigs)  
Garlic (1 bulb)  
Fresh dill weed (8-12 sprigs)

You will also need some fresh or dried basil, oregano, chili powder as well as cold-pressed, extra virgin olive oil, sea salt and a vanilla bean or vanilla extract (optional).