

Week 3: Shopping List

Fruit

Lime (2 small)
Lemon (1)
Mango (8)
Pineapple (4)
Bananas (34 medium)
Papaya (1 large or 2 small)
Orange (19)
Fresh Figs (4, or 1 apple)
Strawberries (2 cups worth)
Red Apple (5)
Green Apple (2)
Blueberries, fresh or frozen (7 cups)
Raspberries (2 cups)
Pear (1)
Strawberries (6½)
Red Grapes (4 cups)
Kiwifruit (2)

Vegetables

Zucchini (1 medium)
Campari tomatoes (20)
Large Tomatoes (1)
Red onion (2 small)
Avocado (3)
Fresh spinach (18 chopped)
Celery (4 stalks)
Kale (5 to 6 large bunches)
Red bell pepper (1)
Yellow bell pepper (1)
Carrots (12 medium)
Cucumber (6 medium)
Fresh spinach (18 chopped cups worth)
Alfalfa sprouts (1 package)
Swiss chard (1 bunch or 2 cups worth)
Romaine Lettuce (6 heads)
Collard greens (1 bunch or 6 large leaves)

Sea Vegetables

Dulse flakes

Herbs and Spices

Fresh cilantro (1 bunch)
Garlic (1 bulb)
Fresh dill weed (1 sm. bunch)
Fresh ginger (1 small bulb)
Fresh Italian Parsley (1 bunch)

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

Nuts, Seeds & Dried Goods

Goji berries (1/4 cup)
Almond butter
Flax or chia seeds (whole)
Pumpkin seeds (1/2 cup)
Brazil nuts (3)
Dried currants/raisins(1/4 cup)