

WEEK 1

GROCERY LIST

MEATS

- ☐ 3 pounds boneless, skinless chicken thighs
- ☐ 4 salmon fillets
- ☐ 8 turkey slices
- ☐ 1 1/2 pounds turkey breast
- ☐ 2 cup shredded cooked chicken

PRODUCE

- ☐ 3 bananas
- ☐ 10 blueberries
- ☐ 3 small apple
- ☐ 1/4 cup red grapes
- ☐ 1 lemon
- ☐ 4 limes
- ☐ 1 tomato
- ☐ 1 large carrot
- ☐ 1 head broccoli
- ☐ 1 butternut squash

COOKING

- ☐ olive oil
- ☐ toasted sesame oil
- ☐ coconut oil
- ☐ almond butter
- ☐ 1/3 cup natural peanut butter
- ☐ 1 cup coconut flour
- ☐ 1/4 cup almond meal
- ☐ apple cider vinegar
- ☐ 4 tablespoons coconut aminos
- ☐ 1 cup sparkling white wine

SEASONINGS

- ☐ sea salt
- ☐ ground cinnamon
- ☐ fresh black pepper
- ☐ nutmeg
- ☐ cumin
- ☐ ground ginger

DAIRY

- ☐ 17 organic, free range eggs
- ☐ 2 cups (16oz) egg whites
- ☐ 1/4 cup Greek yogurt

- ☐ 2 cups kale
- ☐ 1 avocado
- ☐ 4 celery stalks
- ☐ 4 medium yellow onion
- ☐ 7 green onions
- ☐ 1/2 cup purple cabbage
- ☐ 4 asparagus stalks
- ☐ 2 red bell pepper
- ☐ 1 small organic green cabbage
- ☐ 1 lb organic broccolini

MISC.

- ☐ 2 1/2 cup coconut water
- ☐ 1 1/2 cup coconut milk
- ☐ 2 cans albacore tuna
- ☐ 1 cup unsweetened coconut flakes
- ☐ 1 cup chicken broth
- ☐ 1 oz dark chocolate, 73% cocoa or higher
- ☐ 3 tablespoon raisins
- ☐ 2 teaspoons champagne mustard
- ☐ 1 tablespoon dijon mustard
- ☐ raw honey

- ☐ sweet paprika
- ☐ vanilla extract
- ☐ almond extract
- ☐ 2 tablespoons unsweetened cocoa powder
- ☐ 1 packet Stevia

PROTEIN

- ☐ 4 scoops low carb chocolate protein powder
- ☐ 1 scoop vanilla egg white protein

- ☐ 4 cups spinach
- ☐ 11 garlic cloves
- ☐ 1/2 cup wheat grass
- ☐ 3 inches of ginger root
- ☐ 1 cup pea pods
- ☐ fresh rosemary
- ☐ fresh mint
- ☐ fresh parsley

NUTS / SEEDS

- ☐ 2 Brazil nuts
- ☐ 2 cup sliced almonds
- ☐ 1 cup pecans
- ☐ 3 tablespoon milled chia seeds
- ☐ 2 Tablespoons flax seeds
- ☐ 2 teaspoon sesame seeds

WEEK 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Poached Egg Breakfast	Super Slim Down Smoothie	Green Goddess Smoothie	Egg White Broccoli Frittata	Creamy Chocolate Smoothie	Butternut Squash Hash with 3 slices of avocado	Leftover Butternut Squash Hash with 3 slices of avocado
SNACK	Turkey Almond Butter and Raisin Wrap	1/4 cup Caveman Granola	No Bake Protein Bar (Peanut Butter or Mint)	Turkey Almond Butter and Raisin Wrap	1 Hard Boiled Egg and 1 piece of fruit	No Bake Protein Bar (Peanut Butter or Mint)	1 Hard Boiled Egg and 1 piece of Fruit
LUNCH	Real Healthy Egg Salad	Leftover One-Pot Chicken	Leftover Ginger Lime Salmon and Super Spinach Salad	Leftover Chinese Chicken Salad	Leftover Super Kale Salad with 4oz Turkey	Guilt-Free Tuna Salad	Leftover Turkey Kebabs with Garlic Roasted Broccoli and Cauliflower
DINNER	One-Pot Chicken	Ginger Lime Super Salmon and Super Spinach Salad	Chinese Chicken Salad	Super Kale Salad with 4oz Turkey	CHEAT MEAL!		Green Goddess Smoothie
SUPPLEMENTS	Fish Oil + Multi	Multi	Multi	Fish Oil + Multi	Fish Oil + Multi	Fish Oil + Multi	Fish Oil + Multi

NOTE: Caveman Granola will last throughout the first 3 weeks
One batch of no-bake protein bars are made in week 1 and kept in the freezer for remaining 6 weeks