

WEEK 6

GROCERY LIST

MEATS

- ☐ 8 oz turkey
- ☐ 1 1/2 pounds turkey breast
- ☐ 8 turkey slices
- ☐ 2 pounds of bone-in chicken thighs
- ☐ 1 pound ground beef
- ☐ 4 lean pork chops
- ☐ 4 (3oz) Sea Bass Fillets
- ☐ 2 strips bacon

PRODUCE

- ☐ 4 apples
- ☐ 20 blueberries
- ☐ 2 banana
- ☐ 1 lemon
- ☐ 3 tomatoes
- ☐ fruit of choice
- ☐ salad greens
- ☐ 5 carrots
- ☐ 1 cup kale

COOKING

- ☐ olive oil
- ☐ 4 tablespoons coconut oil
- ☐ 4 teaspoons apple cider vinegar
- ☐ 7 tablespoons almond butter
- ☐ 1/2 cup dry red wine (Cabernet)
- ☐ 1 cup white wine

SEASONINGS

- ☐ sea salt
- ☐ black pepper
- ☐ ground cinnamon
- ☐ garlic powder
- ☐ smoked paprika

DAIRY

- ☐ 12 organic, free range eggs

- ☐ 1/2 cup purple cabbage
- ☐ 4 asparagus stalks
- ☐ 1 leek
- ☐ 2 yellow onion
- ☐ 1/4 cup wheat grass
- ☐ 2 cups spinach
- ☐ 1 fennel bulb
- ☐ 1 cup mushrooms
- ☐ 1/4 cup chopped olives

MISC.

- ☐ 1 cup coconut water
- ☐ 1/2 cup coconut milk
- ☐ 2 tablespoons lemon juice
- ☐ 2 Tablespoon black raisins
- ☐ 1/4 cup almond meal
- ☐ 2 (14.5 ounce) cans diced tomatoes
- ☐ 1 (14.5 ounce) can tomato sauce
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons unsweetened cocoa powder

- ☐ sweet paprika
- ☐ 1 tablespoon fresh rosemary
- ☐ 2 tablespoons Italian seasoning
- ☐ cumin
- ☐ Stevia

PROTEIN

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

- ☐ 6 zucchinis
- ☐ 2 large parsnips
- ☐ 2 lb organic broccolini
- ☐ 3 Tablespoons fresh parsley
- ☐ 1 Tablespoon fresh mint
- ☐ 1 head organic cauliflower
- ☐ 15 cloves garlic
- ☐ 1 teaspoon ginger

NUTS / SEEDS

- ☐ 4 Brazil nuts
- ☐ 1/4 cup sliced almonds
- ☐ 1 Tablespoon sesame seeds
- ☐ 2 tablespoon milled chia seeds

WEEK 6

WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 BLT Egg Muffins	Super Slim Down Smoothie	Green Goddess Smoothie	Creamy Chocolate Smoothie	2 BLT Egg Muffins	Poached Egg Breakfast	Poached Egg Breakfast
SNACK	1 Hard Boiled Egg with 1 piece of Fruit	Turkey Almond Butter and Raisin Wrap	1/4 cup Real Healthy Trail Mix	Turkey Almond Butter and Raisin Wrap	1 Hard Boiled Egg with 1 piece of Fruit	1/4 cup Real Healthy Trail Mix	Water
LUNCH	Green Salad with 4oz Turkey	Leftover Herb Broiled Chicken with Super Kale Salad	Leftover Easy Apple Pork Chops with Super Romaine Salad	Leftover Real Food Ground Beef Spaghetti Sauce over Baked Spaghetti Squash	Leftover Best Ever Baked Sea Bass with Baked Parsnip Fries	Green Salad with 4oz Turkey	Leftover Turkey Kebabs with Cauliflower Rice
DINNER	Herb Broiled Chicken with Super Kale Salad	Easy Apple Pork Chops with Super Romaine Salad	Real Food Ground Beef Spaghetti Sauce over Baked Spaghetti Squash	Best Ever Baked Sea Bass with Baked Parsnip Fries	CHEAT MEAL!		Super Slim Down Smoothie
SUPPLEMENTS	Fish Oil + Multi	Multi	Multi	Fish Oil + Multi	Fish Oil + Multi	Fish Oil + Multi	Fish Oil + Multi

NOTE: Real Healthy Trail mix is made in week 4 and lasts through week 6
One batch of no-bake protein bars are made in week 1 and kept in the freezer for remaining 6 weeks