

WEEK 4

GROCERY LIST

MEATS

- ☐ 8 oz turkey
- ☐ 1 (3 pound) boneless pork shoulder
- ☐ 3.5 lb beef brisket
- ☐ 6 slices nitrate-free bacon
- ☐ 4 (3oz) Sea Bass Fillets

PRODUCE

- ☐ 1 green apple
- ☐ 1 mango
- ☐ 2 lemon
- ☐ 1/4 cup red grapes
- ☐ 2 banana
- ☐ 30 blueberries
- ☐ 8 large tomatoes
- ☐ 5 cherry tomatoes
- ☐ 2 tablespoons sun-dried tomatoes
- ☐ fruit of choice
- ☐ 1 avocado
- ☐ 2 large carrot

COOKING

- ☐ olive oil
- ☐ coconut oil
- ☐ liquid smoke
- ☐ 2 Tablespoon almond butter
- ☐ 1/3 cup white wine

SEASONINGS

- ☐ sea salt
- ☐ black pepper
- ☐ cumin
- ☐ dried oregano
- ☐ ground cinnamon
- ☐ sweet paprika

DAIRY

- ☐ 15 organic, free range eggs

- ☐ 2 cup purple cabbage
- ☐ 1 cup romaine lettuce
- ☐ 2 heads of butter lettuce
- ☐ 3 green onions
- ☐ 3 yellow onions
- ☐ 1 butternut squash
- ☐ 8 asparagus stalks
- ☐ 1 head organic cauliflower
- ☐ 3 bunches of kale
- ☐ 2 cups spinach
- ☐ 1 bunch organic asparagus
- ☐ 5 organic zucchini

MISC.

- ☐ 3 cup coconut water
- ☐ 1 cup coconut milk
- ☐ 1 cup orange juice
- ☐ 2 cans albacore tuna
- ☐ 2 cups beef broth
- ☐ 1 cup coconut aminos
- ☐ 2 tablespoons raw honey
- ☐ 2 tablespoon Dijon mustard
- ☐ 1 (4 ounce) can mild green chiles
- ☐ 4 chipotle chiles canned in adobo sauce
- ☐ 1 cup unsweetened coconut flakes

- ☐ Tajin
- ☐ dried oregano
- ☐ vanilla extract
- ☐ almond extract
- ☐ Stevia

PROTEIN

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

- ☐ 1/4 cup fresh chives
- ☐ 2 tablespoon black raisins
- ☐ 1/2 cup pico de gallo
- ☐ 1/4 cup fresh cilantro
- ☐ 1/4 cup fresh parsley
- ☐ 1/4 cup wheat grass
- ☐ 2 tablespoons fresh rosemary
- ☐ 1/4 cup fresh basil
- ☐ 20 garlic cloves
- ☐ 1 teaspoon ginger

NUTS / SEEDS

- ☐ 4 Brazil nuts
- ☐ 1 cup sliced almonds
- ☐ 1 cup pecans
- ☐ 1 cup pistachio nutmeats
- ☐ 3 tablespoon milled chia seeds
- ☐ 1 cup sesame seeds

WEEK 4

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breakfast Bird Nest	Super Slim Down Smoothie	Breakfast Bird Nest	Green Goddess Smoothie	Nutty Banana Smoothie	Butternut Squash Hash	Leftover Butternut Squash Hash
SNACK	1/4 cup Real Healthy Trail Mix	Easy Kale Chips	1 Hard Boiled Egg with 1 piece of Fruit	No Bake Protein Bar (Peanut Butter or Mint)	Easy Kale Chips	1 Hard Boiled Egg with 1 piece of Fruit	Water
LUNCH	Super Kale Salad with 4oz Turkey	Leftover Best Ever Baked Sea Bass with Cauliflower Rice	Leftover Pork Lettuce Wraps	Leftover Guilt-Free Tuna Salad	Leftover Roasted Asparagus Pasta Salad	Super Kale Salad with 4oz Turkey	Leftover Beef Brisket with Super Romaine Salad
DINNER	Best Ever Baked Sea Bass with Cauliflower Rice	Pork Lettuce Wraps	Guilt-Free Tuna Salad	Roasted Asparagus Pasta Salad	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

