

WEEK 3

GROCERY LIST

MEATS

- ☐ 1/2 pound ground beef
- ☐ 8 oz chicken
- ☐ 4 (6 oz) salmon fillets
- ☐ 2 chicken breasts
- ☐ 8 turkey slices
- ☐ 4 oz sliced rib-eye steak (grass-fed)
- ☐ 4 lean pork chops

PRODUCE

- ☐ 4 small apple
- ☐ 10 blueberries
- ☐ 2 banana
- ☐ 1 lemon
- ☐ 4 cups mixed greens
- ☐ 1 cup romaine lettuce
- ☐ 4 large carrots
- ☐ 1 sweet potato
- ☐ 9 green onions
- ☐ 2 yellow onions
- ☐ 1 tomato

COOKING

- ☐ olive oil
- ☐ coconut oil
- ☐ 2 tablespoon toasted sesame oil
- ☐ baking soda
- ☐ 6 tablespoons almond butter
- ☐ balsamic vinegar
- ☐ 1/4 cup white wine

SEASONINGS

- ☐ sea salt
- ☐ black pepper
- ☐ sweet paprika
- ☐ cumin
- ☐ Cajun spice
- ☐ vanilla extract

DAIRY

- ☐ 12 organic, free range eggs

- ☐ 20 cherry tomatoes
- ☐ 4 zucchini
- ☐ 1 bunch asparagus
- ☐ 2 avocado
- ☐ 2 cucumber
- ☐ 2 pounds of root vegetables
(sweet potato, parsnips, beets or carrots)
- ☐ 2 cup baby spinach
- ☐ 6 red bell pepper
- ☐ 1 cup bean sprouts
- ☐ 10 dates

MISC.

- ☐ coconut water
- ☐ coconut milk
- ☐ 4 tablespoons unsweetened cocoa powder
- ☐ 2 cups chicken broth
- ☐ 2 tablespoon raisins
- ☐ Handful of sliced olives
- ☐ 2 tablespoons Dijon mustard
- ☐ 2 tablespoon raw honey
- ☐ 1 teaspoon orange zest
- ☐ 1 tablespoon orange juice

- ☐ ground nutmeg
- ☐ 1 teaspoon turmeric
- ☐ ground cinnamon
- ☐ 1 teaspoon garam marsala
- ☐ 2 teaspoons curry powder
- ☐ 1 teaspoon chili powder

PROTEIN

- ☐ 1 scoop vanilla egg white protein
- ☐ 1 cup vanilla flavored protein powder
- ☐ 2 scoop chocolate protein

- ☐ 3 teaspoon ginger
- ☐ 1 head cauliflower
- ☐ 1 cup butternut squash
- ☐ 4 cups kale
- ☐ 4 garlic cloves
- ☐ 1/4 cup fresh basil
- ☐ 1 clove garlic
- ☐ 2 Tablespoons fresh chives

NUTS / SEEDS

- ☐ 2 Brazil nuts
- ☐ 2 cup sliced almonds
- ☐ 1 tablespoon milled chia seeds
- ☐ 2 Tablespoon pumpkin seeds
- ☐ 2 Tablespoon sunflower seeds
- ☐ 2 Tablespoon chia seeds

- ☐ onion powder
- ☐ garlic powder
- ☐ Stevia

WEEK 3

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 Taco Egg Muffins	Super Slim Down Smoothie	2 Taco Egg Muffins	Creamy Chocolate Smoothie	1 Sweet Potato Protein Muffin	1 Sweet Potato Protein Muffin	1 Sweet Potato Protein Muffin
SNACK	Baked Veggie Chips	Turkey Almond Butter and Raisin Wrap	Baked Veggie Chips	Turkey Almond Butter and Raisin Wrap	1/4 cup Caveman Granola	Water	1/4 cup Caveman Granola
LUNCH	Super Spinach Salad with 4oz Chicken	Leftover Grilled Salmon Noodle Bowl	Leftover Chicken Curry Bowl	Leftover Super Romaine Salad and Olive Stuffed Meatballs	Leftover Easy Apple Pork Chops with Sautéed Cabbage and Apples	Super Spinach Salad with 4oz Chicken	Leftover World's Best Steak Salad
DINNER	Grilled Salmon Noodle Bowl	Chicken Curry Bowl	Super Romaine Salad and Olive Stuffed Meatballs	Easy Apple Pork Chops with Sautéed Cabbage and Apples	CHEAT MEAL!		Creamy Chocolate 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

