

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

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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 4 weeks

