

## GROCERY LIST

### MEATS

- 1 pound ground beef
- 2 chicken breasts
- 4oz chicken
- 2 cups shredded roasted chicken
- 2 strips bacon
- 18 oz white fish fillet

### PRODUCE

- 1 organic apple
- 1 cup organic, red grapes
- 5 banana
- 20 blueberries
- Fruit of choice
- 1 small tomato
- 4 carrots
- 2 organic celery stalks
- 8 cups baby spinach
- 1 bunch asparagus

### COOKING

- olive oil
- coconut oil
- 1/3 cup coconut flour
- 1/2 cup almond meal
- almond butter
- dry red wine (Cabernet works well)

### SEASONINGS

- sea salt
- black pepper
- garlic salt
- sweet paprika

### DAIRY

- 16 organic, free range eggs

- 7 organic zucchini
- 2 sweet potatoes
- 8 green onions
- 1 yellow onion
- 1 head cauliflower
- 1 red bell pepper
- 1 cup mushrooms
- salad greens
- 1 leek
- 1 fennel bulb

### MISC.

- 3 cup coconut water
- 1 cup coconut milk
- 1 can albacore tuna, in water
- 1/2 cup chicken broth
- 1/4 cup fresh squeezed orange juice
- 1 Tablespoon lemon juice
- 1/4 cup chopped olives
- 2 (14.5 ounce) cans diced tomatoes
- 1 (14.5 ounce) can tomato sauce
- 2 tablespoons tomato paste
- 1 Dijon mustard
- 1 Tablespoon Super Pesto

- ground cinnamon
- 2 tablespoons Italian seasoning
- vanilla extract
- Stevia

### PROTEIN

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

- 2 large parsnips
- 10 garlic cloves
- 1 tablespoon fresh rosemary
- 2 Tablespoon ginger
- 1/2 cup wheat grass
- 1/4 cup fresh Italian parsley
- 2 Tablespoons fresh chives
- 1/4 cup fresh mint leaves

### NUTS / SEEDS

- 4 Brazil nuts
- 1/2 cup ground walnuts
- 1/4 cup raw cashews
- 3 tablespoon milled chia seeds

# WEEK 2



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	2 BLT Egg Muffins	Nutty Banana Smoothie	Super Slim Down Smoothie	2 BLT Egg Muffins	Green Goddess Smoothie	Easy Pancakes	Veggie Pesto Scramble
<b>SNACK</b>	1/4 cup Caveman Granola	1 Hard Boiled Egg with 1 piece of Fruit	1/4 cup Caveman Granola	No Bake Protein Bar (Peanut Butter or Mint)	1 Hard Boiled Egg with 1 piece of Fruit	No Bake Protein Bar (Peanut Butter or Mint)	1 Hard Boiled Egg with 1 piece of Fruit
<b>LUNCH</b>	Green Salad with 4oz Chicken	Leftovers Chicken, Fruit and Spinach Salad	Leftover Real Food Ground Beef Spaghetti Sauce over small baked sweet potato	Leftover Tuna Fried Rice	Leftover Real Healthy Fish Sticks with Baked Parsnip Fries	Green Goddess Smoothie	Leftover Chicken and Asparagus
<b>DINNER</b>	Stir Fry Chicken, Fruit and Spinach Salad	Real Food Ground Beef Spaghetti Sauce over small baked sweet potato	Tuna Fried Rice	Real Healthy Fish Sticks with Baked Parsnip Fries	<b>CHEAT MEAL!</b>		Super Slim Down Smoothie
<b>SUPPLEMENTS</b>	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

