

## 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
<b>BREAKFAST</b>	Breakfast Bird Nest	Super Slim Down Smoothie	Breakfast Bird Nest	Green Goddess Smoothie	Nutty Banana Smoothie	Butternut Squash Hash	Leftover Butternut Squash Hash
<b>SNACK</b>	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	1 Hard Boiled Egg with 1 piece of Fruit
<b>LUNCH</b>	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
<b>DINNER</b>	Best Ever Baked Sea Bass with Cauliflower Rice	Pork Lettuce Wraps	Guilt-Free Tuna Salad	Roasted Asparagus Pasta Salad	<b>CHEAT MEAL!</b>	Beef Brisket with Super Romaine Salad	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: One batch of no-bake protein bars are made in week 1 and kept in the freezer for remaining 4 weeks

