

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

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

WEEK 1

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!	Turkey Kebabs with Garlic Roasted Broccoli and Cauliflower	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 6 weeks