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# 28-DAY CHALLENGE

# GROCERY LIST

## Week 1

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### VEGETABLES *Organic if possible!*

- 1 garlic (4 cloves)
- 1 red onion
- 3 yellow onions
- 3 sweet potatoes
- 1 tomato
- 1 carrot
- 1 green pepper
- 2 red bell peppers
- 1 jalapeno (optional)
- Small container sprouts
- ½ cup fresh broccoli
- 5 zucchini
- 1 yellow squash
- 1 fennel bulb
- 1 head of fresh Butter Lettuce
- Veggies** for 4 salads & 4 wraps (organic as much as possible: Tomatoes, mushrooms, red peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)
- Lettuce** – for 4 green salads (I prefer arugula/spinach/mixed greens, anything EXCEPT Iceberg)
- 3-6 cups spinach (smoothies)

### NUTS & SEEDS

- small container of chia seeds
- small bag raw walnuts
- small bag pumpkin seeds
- small bag almonds

### FRUIT *Organic if possible!*

- 5 apples
- 4 Haas Avocados
- 1 mango
- 6 lemons
- 1 lime
- 2 large oranges
- 3.5" of ginger root (optional~mojo)
- 2 bananas
- ½ cup fresh berries
- ¼ cup red seedless grapes
- For smoothies, your choice of frozen berries (meal plan suggests: 1.5 cups mixed berries, ½ cup blueberries, ½ cup strawberries)

### MEAT, PROTEIN & FISH

- 2 strips of nitrate-free turkey bacon
- 3 boneless, skinless chicken breasts (12-24 oz. depending on requirements)
- 1/2 lb. ground turkey meat
- 1/2 lb. ground grass-fed beef
- 4-8 oz. the pre-cooked protein of choice (chicken, fish, turkey)
- 4-8 oz. of pre-cooked chicken breast
- 2 wild-caught tilapia fillets (4-8 oz. each depending on protein intake)

### EGGS

- 10 eggs (organic, free-range, & hormone/antibiotic free if possible)



# 28-Day Challenge Grocery List: Week 1

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## MISCELLANEOUS

- Almond Butter (100% almonds)
- Extra Virgin Olive Oil
- Cold-Pressed Coconut Oil
- Vanilla Extract (NO HFCS)
- 1 container Coconut milk OR almond milk
- Cacao powder (raw, unprocessed)
- Raw Honey
- 1 cup can of organic pumpkin
- 14 oz. can crushed tomatoes
- 8 oz. jar tomato sauce
- 1 can dice green chillies
- 3 cups Chicken stock (low-sodium)
- ½ cup Beef stock
- Aged Balsamic Vinegar (no HFCS)
- 1 small container hummus
- Honey Mustard (organic if possible)

## SPICES

- Pink Himalayan Salt
- Ground Cumin
- Fresh Ground Pepper
- Cinnamon
- Italian seasoning (sodium-free)
- Dried Rosemary
- Dried Parsley
- Smoked Paprika
- Chili Powder
- Cayenne Pepper
- Granulated Garlic
- Ground Coriander
- Ground Turmeric

## SUPPLEMENTS

**High-Quality Protein Powder** (vanilla and/or chocolate) without Soy (or lecithin), non-GMO, No added sugar, preservatives, colour and hormone-free. Check meal plan FIRST before deciding on which flavour you want. Smoothies are interchangeable on the plan.

**Veggie Greens** (Progressive recommended)

***You may already have some of these ingredients in your cupboards. You'll have a few leftover ingredients once this week is over. Make sure to save/freeze unused ingredients for the following weeks.***

## NOTES

