

Days 1 to 3 ~

On hand

Salt

Pepper

Seasonings

Cayenne

2 tsp olive oil

Lemons ~ If you don't have friends with lemon trees, add LOTS of lemons to one of your lists!

Grocery Store

one bag frozen organic strawberries

6-8 bananas

1 bag peeled garlic cloves

3 red onions

1 bag black beans (or 2 cans)

1 pound spinach

3 romaine lettuce

1 head Butter lettuce

6 limes

Vegetable broth - one carton

Brown lentils - one bag

3 cups tomatoes

3 russet potatoes

One cucumber

6 red or gold potatoes

2 sweet potatoes

Sprouts (bulk section)

Arrowroot powder

1 cup raw cashews

Days 1 to 3 ~ continued

Raleys

9 Hibiscus tea bags
1 bag frozen Wyman's blueberries
1 bag chia seeds
1 bag gluten-free oat flour
Aluminum free baking soda
3 bunches radishes
Fresh dill
Chives
4 oz. grass-fed steak

Costco

14 Honey crisp apples
1 box organic dates
Maple syrup
4 oz chicken breast
4 oz salmon
1 bag asparagus

Farmer's Market

1 bag oranges
4 cups organic cilantro
Raw honey
Red cabbage
Organic carrots