

SUMMER SWEAT series

Grocery List | Week 2

NOTE: You might have leftover ingredients from last week, double check before you go to the grocery store.

Vegetables

- 2 pounds of tomatillos
- 4 poblano peppers
- 4 jalapenos
- 2 medium yellow onions
- 2 small red onions
- 5 medium sweet potatoes
- 2 large zucchini
- 2 red peppers
- 1 small head broccoli
- 1 bag frozen edamame
- 1 cup sprouts
- 1 bag of baby spinach
- 6 cups raw kale

Fruit

- 6 limes
- 1 pint of blueberries
(or frozen blueberries)
- 1 pint of raspberries
- Carton of strawberries
- 1 mango
- 1 cup pineapple
- 4 medium bananas
- Package of pitted medjool dates
- 1 avocado

Proteins

- 2 pounds boneless skinless chicken breast
- 20 oz boneless skinless chicken thighs
- 1 pound lean ground turkey
- 4 pre-cooked chicken sausages
- Container of hummus (½ cup)

Grains

- Package of brown rice
- Bag of quinoa

Dairy

- 1 small container low fat cottage cheese
- 1 dozen eggs
- 4 oz fresh mozzarella cheese
- 1 large carton of almond milk

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Baking Supplies

- Bag of unsweetened shredded coconut
- Cocoa powder
- Baking soda
- Baking powder
- Vanilla extract
- Cinnamon
- Chocolate chips (dairy free if desired)
- Almond meal/flour (you'll need 1 ½ cup)
- Unsweetened applesauce (1/3 cup)
- Coconut palm syrup or honey
- Vanilla protein powder of choice
- Flaxseed meal (1/3 cup)
- Coconut sugar
- Old fashioned rolled oats (2 ½ cups)
- Bag of oat flour (1 ¼ cup + 2 TBSP)
- Coconut flour (2 tablespoons)
- 1 (3 oz) dark chocolate bar
- Maple syrup

Pantry Staples

- Red wine vinegar
- Apple cider vinegar
- Soy sauce
- Sesame oil
- Olive oil
- Balsamic vinegar
- Salt & Pepper
- Garlic (about a dozen cloves)
- Cayenne pepper
- Chili powder
- Cumin
- Oregano
- Paprika

Herbs

- 2 bunches of cilantro
- Ginger
- Package of fresh basil

Canned Goods

- Carton of low-sodium chicken broth
- 1 (4 oz) can diced green chiles
- Jar of salsa
- Jar (2 oz) sun dried tomatoes
- 1 (15 oz) can black beans
- 1 (15 oz) can organic sweet corn
- 1 (15 oz) can diced tomatoes

Nuts & Seeds

- Chia seeds
- Jar of natural peanut butter
- Bag of powdered peanut butter (if you prefer, you can use regular peanut butter - ¼ cup)
- 1 ½ cups raw cashews