

# GROCERY LIST

Below you will find a list of items you will need for this program. Please note that the quantity of items listed is an approximate. Based on the recipe you choose for each meal, you should verify the exact amount of ingredients you will need.

## FRUITS

- 4 -6 lemons
- 7 beets
- 56-64 ounces of blueberries (fresh or frozen)
- 12 bananas
- 2 ounces of Pomegranate seeds
- 3-6 oranges
- 2 Lime
- 4-7 apples

## PROTEIN

- Quinoa 24-48 ounces
- Lentils (canned or dry) 24-32 ounces

## CONDIMENTS AND SEASONINGS

- Raw Honey
- Himalayan Pink Sea Salt
- Black Pepper
- Cumin
- Cayenne pepper
- Oregano
- Avocado Oil
- Olive Oil
- Thyme
- Garlic Powder
- Chipotle powder
- Onion powder
- Paprika
- Basil

## VEGETABLES

- Butternut squash (whole or frozen)
- Kabocha or Acorn Squash (whole or frozen)
- 4-6 large onions
- 1 large box of Spinach/kale/mixed greens (for smoothies - Optional)
- 4-5 large tomatoes
- 1 bunch of carrots
- 1 bunch Kale
- 2-5 large Bell Peppers
- 1 celery bunch
- 1 bunch cilantro
- 2-4 zucchinis
- 1 handful of Snap peas
- Broccoli (16 ounce bag frozen or 1 bunch fresh)
- 1 carton of cherry tomatoes
- 1 bunch parsley
- Few inches of Ginger
- 1-2 Garlic heads

## DATE ENERGY BITES

- 12 oz Medjool Dates
- Almond Flour (8-16 ounce bag)
- Coco Powder (raw, organic, we like the brand Navitas)
- Coconut flakes