

FRUITS

- 3 Apple
- 2 2/3 tbsps Lemon Juice
- 2 cups Strawberries

BREAKFAST

- 2/3 cup All Natural Peanut Butter
- 1/4 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 1/4 tsps Black Pepper
- 1 tbsp Chia Seeds
- 1/4 tsp Garlic Powder
- 1 tbsp Italian Seasoning
- 2 tsps Paprika
- 1/8 tsp Red Pepper Flakes
- 3 tsps Sea Salt
- 2 tsps Tarragon

FROZEN

- 2 cups Frozen Berries

VEGETABLES

- 1 stalk Celery
- 1 1/2 cups Cherry Tomatoes
- 1 tbsp Chives
- 6 cups Collard Greens
- 2 Cucumber
- 2 tbsps Fresh Dill
- 3 Garlic
- 3 cups Kale Leaves
- 2 cups Mini Potatoes
- 2 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 2 tbsps Shallot
- 14 White Button Mushrooms
- 3 Zucchini

BOXED & CANNED

- 1/2 cup Organic Chicken Broth
- 1/3 cup Organic Coconut Milk
- 1/2 cup Quinoa

BAKING

- 1 cup Oats
- 1 tbsp Raw Honey

BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast
- 1 lb Chicken Thighs
- 1 cup Hummus
- 1/2 cup Parmigiano Reggiano
- 8 ozs Salmon Fillet
- 1 1/8 lbs Shrimp
- 8 ozs Top Sirloin Steak

CONDIMENTS & OILS

- 2 tbsps Avocado Oil
- 1 tsp Balsamic Vinegar
- 1/2 tsp Coconut Oil
- 2 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil

COLD

- 3 tbsps Butter
- 16 Egg
- 2 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

OTHER

- 2 tbsps Water