

# *14 Day Reset Grocery List*

## *{Week Two}*

### *Produce*

- 1 large containers Organic Spinach
- 1 head Lettuce
- 1 head cabbage
- 4 Heads Cauliflower
- 1 bag green beans
- 3 pound bag carrots
- 1 bunch fresh Cilantro
- 1 bunch fresh Basil
- 1 bunch fresh Parsley
- 1 bunch fresh Oregano
- Fresh rosemary
- 1 bunch fresh Mint
- 1 bag lemons
- 16 ounce bag Brussel Sprouts
- 6-8 Sweet Potatoes
- 1 carton cherry tomatoes
- 2 roma tomatoes
- 1 bag garlic
- 1 large bunch bananas
- 1 pound asparagus
- 1 zucchini
- 1 summer squash
- 3 avocado
- 3 Red onions
- 4 bell peppers, red, orange, or yellow
- 1 head Baby Bok Choy

- 1 bag apples
- 1 bunch green onions
- 1 bag red skin potatoes
- 2 acorn squash
- 1 package dried figs
- 1-2 cucumbers
- 2 peaches
- 2 stalks lemongrass
- 1 small red chile

### ***Refrigerated/Freezer***

- 1 carton Unsweetened Vanilla Almond Milk
- 1 bag mixed frozen fruit
- 1 package Organic, Free Range Chicken breast
- 1 package bacon
- 2 dozen eggs
- 1 pound lean ground turkey
- 2-3 pound Grass fed Chuck Roast
- 1 pound wild caught shrimp
- 1 ½ pound to 2 pound grass fed skirt steak

### ***Dry Groceries***

- 1 can Pumpkin Puree
- 1 bottle Red Wine Vinegar
- 1 bag raw cashews
- 1 carton Low-sodium Beef broth
- 1 can organic vegetable stock
- 1 Larabar
- 1 can organic chicken
- 1 small bag Bob's Red Mill Coconut Flour
- 1 small bag small Tapioca pearls
- Pyure Bakeable Blend Stevia

□ 1 jar PB2