

WEEK 2: GROCERY LIST - NO NUTS

WWW.ROBINBONSWOR.COM

GREEN CONTAINER

1-2 bags power greens (approx 6 cups/large handfuls)
10 oz bag baby spinach
1-2 onions
2-3 red bell pepper
tomato sauce - no sugar
romaine hearts or butter lettuce
1-2 tomatoes
fresh parsley
asparagus
cucumber
carrots
green onion
approx 2-3 cups broccoli

PURPLE CONTAINER

berries (approx 6-7 cups any combo you like)
1-2 banana
3 apples
grapes
tomato sauce
lime juice

RED CONTAINER

2 dozen eggs
1 container cottage cheese 2%
1 container Greek yogurt, plain, 1%
Shakeology (any flavors you prefer - contact me to order)
1.5 lbs 93% lean ground turkey
4 chicken breasts
1 lb raw shrimp
salmon

YELLOW CONTAINER

quick cook oats
1 can (15 oz) black beans
brown rice
Sweet Potato

BLUE CONTAINER

2 large avocados

ORANGE CONTAINER

TEASPOON

sunflower seed butter
olive oil

OTHER

dry mustard
smoked paprika
garlic powder
garlic

You may already have some of these spices. Being in a family of four, I have veggies and fruits readily available. You may need slightly more or less than what is listed here.

WWW.ROBINBONSWOR.COM