

WEEK 3: GROCERY LIST - NO NUTS

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GREEN CONTAINER

1 bag power greens (approx 3 cups/large handfuls)
approx 2-3 cups broccoli
1 onion
5 red bell peppers
cucumber
romaine hearts or butter lettuce
2-3 tomatoes
fresh parsley
asparagus
1 spaghetti squash
1 can fire roasted tomatoes - no sugar

PURPLE CONTAINER

berries (approx 8 cups any combo you like)
1-2 bananas
3 apples

RED CONTAINER

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

YELLOW CONTAINER

1 can (15 oz) black beans
1 can (15 oz) pinto beans
whole-grain sprouted bread
sweet potato

BLUE CONTAINER

2 large avocados
cheddar cheese

ORANGE CONTAINER

TEASPOON

sunflower seed butter
olive oil

OTHER

1 lemon
chicken broth

Depending on family size or if just serving one person, you should have leftover that you have frozen from previous weeks. This grocery list is for new items to be made.

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.

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