HBD NUTRITION SPRING SHOPPING LIST

WEEK 1

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Da C	Meat/Seafood	Quantity	
	eggs		organic, pastured
	sardines, packed in olive oil or water		wild caught, can sub tuna
	pork loin		organic if possible
	bacon (optional)		nitrate-free
	tuna steaks		can sub with 1 pound chicken breast if desired
3	lean ground turkey or chicken	2 pounds	
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<u> </u>	Vegetable & Fruit		
Ö	Vegetable & Fruit	Quantity	
	bananas	10	
	berries of choice		choose what is in season, frozen also works
	lemon	2	
	carrots, medium	3	
	celery	4 stalks	
	green cabbage	1 small head	
	onions, yellow		2 small, 2 large
	parsnips, large	5	
	red grapes	5 cups	
	avocado	5	
	red bell pepper	3	
	radish	1/2 hungh	
	cilantro, fresh	1/2 bunch	
	lime bananas, ripe	1.5	
		1 bunch	
	kale ginger, fresh	1/2 inch piece	
	mint, fresh	1/2 inch piece 1 bunch	
	potatoes, white	2 medium	
	asparagus,	2-2.5 pounds	
2, 3	cantaloupe	2-2.5 pourius 1 ripe	
	cucumber	1 medium	
	basil	1 bunch	
	Portobello mushroom caps	4 large	
	tomato	1 ripe	
	romaine lettuce	1 large head	
	sweet potato	1 medium	
	red onion	1 small	
	parsley	1 small bunch	
	brown mushrooms	8 oz	
	orange		buy more for snacks as desired
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ا ا	Misc	Quantity	Notes
1	rolled oats		purchase gluten-free oats if available
1	rolled oats almond milk	2 cups 1 cup	purchase gluten-free oats if available
1 1	rolled oats almond milk flax seeds	2 cups 1 cup	purchase gluten-free oats if available best to buy whole and grind yourself, store in fridge or freezer
1 1 1	rolled oats almond milk flax seeds gluten-free crackers	2 cups 1 cup 5 Tbsp	purchase gluten-free oats if available best to buy whole and grind yourself, store in fridge or freezer we like Mary's Gone Crackers (see recipe)
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