

## Grocery List for 5 Day Sugar Free Whole Food Challenge from Menu Plan

### Produce

- 2 onions
- 1 bunch green onions
- 2 yellow squash
- 2-3 red peppers
- Large container of spinach
- 2 small apple
- 4-5 Avocados
- 2-3 Tomatoes
- 4-5 Sweet Potatoes
- 2-3 limes
- 1 bag of large carrots
- 1 garlic
- Frozen or fresh blueberries
- 1 container of small mushrooms
- 2 heads of romaine lettuce
- 1 head green or red leaf lettuce
- 1 pound broccoli
- 1 head cauliflower
- Cilantro
- 1 bunch asparagus
- 1 Acorn Squash
- 1 bunch Kale
- 1 12oz bag Broccoli Slaw Mix
- 1 16oz pack Coleslaw
- Raisins or dried cranberries
- Lemon juice

### Meat/Eggs/Dairy Alternative

- 2 - 18 count cage free eggs
- 2 pound breakfast sausage
- 1 pound deli turkey (nitrate free if possible)
- 2 pounds steak (Elk, deer, grass fed beef, buffalo)
- 8 chicken breasts
- 2 pounds bacon
- 3 pounds hamburger
- 1 carton unsweetened almond milk
- Small container sour cream(optional)
- 16oz bag shredded cheddar cheese
- Grated Parmesan cheese

### **Nuts/seeds**

- 1 jar almond butter or natural peanut butter
- Pecans
- Walnuts
- Hummus
- Nuts of choice for snacking

### **Can Goods**

- 1 jar salsa (no sugar added)
- 1 small can Chicken Broth
- 1 can full fat coconut milk
- 1 jar raw honey
- 1 bottle pure maple syrup
- 1 can black olives
- Small can green chilies or jalapenos
- 1 can pumpkin
- Small can Tomato Juice
- Vanilla Protein Powder (optional)

### **Grains**

- 1 contain of old fashion rolled oats (or 1 pound bulk)
- 1 pound brown rice

### **Pantry Items**

- Baking Powder
- Baking Soda
- Sea Salt (we like Pink Himalayan) and black pepper
- Extra Virgin Olive Oil
- Coconut Oil
- Balsamic Vinegar
- Apple Cider Vinegar
- Cinnamon
- Cumin
- Chili Powder
- Paprika
- Oregano
- Garlic Powder
- Cayenne Pepper
- Dijon mustard
- Vanilla
- Curry powder
- Ginger powder
- Onion Flakes