

Fresh & Full Week 2 Grocery List

Week 2 Meal Plan At-a-Glance

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Brkfst	Taco Salad Breakfast Bowl	Taco Salad Breakfast Bowl	Taco Salad Breakfast Bowl	Taco Salad Breakfast Bowl	Fruit & Yogurt Bowl	Fruit & Yogurt Bowl	Fruit & Yogurt Bowl
Snack	Apple + Cheese	Apple + Cheese	Apple + Cheese	Tuna Salad	Tuna Salad	Tuna Salad	Tuna Salad
Lunch	Creamy Broccoli Zucchini Soup	Creamy Broccoli Zucchini Soup	Creamy Broccoli Zucchini Soup	Pork Tenderloin Wrap	Pork Tenderloin Wrap	Fresh & Full Salad II	Fresh & Full Salad II
Dinner	Pork Tenderloin & Veggie Tray Bake	Pork Tenderloin & Veggie Tray Bake	Broccoli Beef Buddha Bowl	Broccoli Beef Buddha Bowl	Broccoli Beef Buddha Bowl	Cauliflower Mac & Cheese	Cauliflower Mac & cheese

Produce
<ul style="list-style-type: none"> - 1 avocado - 1.5 cups fresh or frozen berries - 2 apples, pears or peaches (for fruit bowl) - 4 small apples (for snacks & wraps) - 1 lime - 4 lemons - 6 cups spinach - 4 cups greens (for salad) - 4 cups kale (or other hearty greens) - 1 head lettuce (such as bibb lettuce, green leaf, or romaine) - 8 cups veggie leaves (such as endive, for dipping) - 1 medium yellow bell pepper (or red or orange) - 1 small red bell pepper (or orange or yellow) - 1 small red onion - 1 tomato - ½ head of cauliflower (or one 16 oz. bag of cauliflower florets) - 1 stalk celery - 1 medium carrot - 1 small bunch radishes - 12 cups veggies for roasting (such as Brussels sprouts, broccoli florets, and zucchini) - 1 small cucumber - 6 cups broccoli slaw - 6 cups mixed veggies (such as shredded cabbage, artichoke hearts, sliced radish, red bell pepper strips or julienned carrot) - 1 bunch fresh chives - 3 bunches fresh parsley and/or cilantro - 1 head garlic - 1 small red chili - 1 small package of fresh thyme

Protein
<ul style="list-style-type: none"> - 40 oz. plain Greek yogurt (2%) - 8 oz. salmon, roasted or canned (packed in water, drained) - 8 oz. ground turkey (lean) - 12 oz. canned tuna (packed in water) - 12 oz. roasted chicken breast - 16 oz. pork tenderloin - 1 package organic chicken sausage (such as Applegate)

- 4 eggs

Pantry Staples

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| <ul style="list-style-type: none">- black pepper- salt- red wine vinegar- olive oil- chili powder- cumin- garlic powder- onion powder- dried dill- dried oregano- dijon mustard |
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Everything Else

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| <ul style="list-style-type: none">- 1 can artichokes (packed in water)- 4 oz. chopped nuts or seeds (like almonds, walnuts, cashews, or pepitas)- 1 oz. sunflower seeds or other seeds- 1 oz. chopped pecans or other nuts of choice- 2 oz. butter- 8 oz. block cheddar cheese (preferably sharp)- 3 oz. snacking cheese of choice- 4 oz. heavy cream (or half-n-half)- 4 oz. unsweetened plain almond milk (or other milk of choice) |
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