

Reset 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
AM Meal	Smoothie	Smoothie	Smoothie	Broccoli & Feta Egg Muffins	Broccoli & Feta Egg Muffins	Broccoli & Feta Egg Muffins	Broccoli & Feta Egg Muffins
AM Snack	Veggies + Hummus	Veggies + Hummus	Veggies + Hummus	Veggies + Hummus	Caprese Kabobs	Caprese Kabobs	Caprese Kabobs
Mid-Day Meal	Super Satisfying Salad I	One Pan Meal	Super Satisfying Salad I	Mediterranean Protein Bowl	Tasty Tacos	Super Satisfying Salad I	Caldo Verde Soup
PM Snack	Apple + Nut Butter	Apple + Nut Butter	Apple + Nut Butter	Apple + Nut Butter	Fruit & Yogurt Parfait	Fruit & Yogurt Parfait	Fruit & Yogurt Parfait
PM Meal	One Pan Meal	Mediterranean Protein Bowl	Caldo Verde Soup	Tasty Tacos	Caldo Verde Soup	Bountiful Buddha Bowl	Bountiful Buddha Bowl

Produce
<ul style="list-style-type: none"> <input type="checkbox"/> 3 cups fresh or frozen fruit (for smoothies & parfaits) <input type="checkbox"/> 4 medium apples <input type="checkbox"/> 4 cups greens (for smoothies) <input type="checkbox"/> 2 (16 oz.) bags broccoli florets (fresh or frozen, for egg cups) <input type="checkbox"/> 9 cups greens (for salads) <input type="checkbox"/> 4 cups baby spinach (organic recommended) <input type="checkbox"/> 1 head romaine (for salads + tacos) <input type="checkbox"/> 8 cups hearty baby greens (for soup, such as kale, chard, arugula, etc.) <input type="checkbox"/> 8 cups veggies (for snack with hummus, such as jicama sticks, snap peas, cucumber, zucchini, etc.) <input type="checkbox"/> 4 cups veggies (for roasting, such as broccoli florets, quartered mushrooms, sliced onions & sliced bell pepper) <input type="checkbox"/> 2 medium cucumbers <input type="checkbox"/> 3 cups cherry tomatoes (for caprese kabobs) <input type="checkbox"/> 2 medium tomatoes (for salad) <input type="checkbox"/> 1 small head cauliflower (or a 16 oz. bag riced cauliflower)

- ☐ 2 medium zucchini
- ☐ 2 red bell peppers
- ☐ 1 medium yellow onion
- ☐ 2 small shallots
- ☐ 1 head garlic
- ☐ 2 medium avocados (or 1 jar coconut oil, for smoothies)
- ☐ 3 lemons
- ☐ 1 lime
- ☐ 1 bunch fresh herbs (cilantro or parsley)
- ☐ 1 bunch fresh basil (for caprese kabobs)
- ☐ 1 small bunch mint (optional, for parfaits)

Protein

- ☐ 1 dozen eggs (for egg muffins)
- ☐ 18 oz. lean animal protein or 4½ cups plant protein (for the Super Satisfying Salad)
- ☐ 6 oz. lean animal protein or 1 ½ cups plant protein (for the Tasty Tacos)
- ☐ 12 oz. lean animal protein for 3 cups plant protein (for the One Pan Meal to pair with Roasted Vegetables)
- ☐ 6 oz. lean animal protein or 1 ½ cups plant protein (for the Bountiful Buddha Bowl)
- ☐ 24 oz. plain 2% Greek yogurt (for parfaits + sauces)
- ☐ 1 container protein powder (or 28 oz. plain 2% Greek yogurt or cottage cheese, for smoothies)
- ☐ 16 oz. hummus (for snack)
- ☐ 5 cups cooked chickpeas (about 3 cans, for soup)

Pantry Staples

- ☐ low sodium chicken or vegetable broth (1 quart)
- ☐ apple cider vinegar
- ☐ balsamic vinegar
- ☐ black pepper (ideally for a grinder)
- ☐ cinnamon
- ☐ coriander
- ☐ cumin
- ☐ dijon mustard
- ☐ garlic powder or granules
- ☐ kosher or sea salt
- ☐ nutmeg
- ☐ olive oil
- ☐ red pepper flakes (optional)
- ☐ smoked paprika

Everything Else

- ☐ 4 corn tortillas* (for tacos)
- ☐ 1 tub or jar (16 oz.) of salsa (for tacos)
- ☐ 3.5 cups roasted and/or pickled veggies (for bowls)
- ☐ 4 oz. unsweetened almond milk (for egg muffins)
- ☐ 1 jar (16 oz.) nut butter (no added sugar, for snack)
- ☐ 1 small tub (4 oz.) crumbled or shredded cheese (for tacos)
- ☐ 1 small tub (4 oz.) crumbled feta (for egg muffins)
- ☐ 6 oz. fresh mozzarella cheese (for snack)
- ☐ 4 oz. nuts (for snack)
- ☐ muffin cup paper liners

**Tortillas should be taco size (about 4-inches across), and have a short ingredient list (ideally just corn, lime, and water).*