

Reset Week 3 Grocery List

| Week 3 Meal Plan At-a-Glance | | | | | | | |
|------------------------------|---------------------|---------------------|---------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| AM Meal | Overnight Oatmeal | Overnight Oatmeal | Overnight Oatmeal | Smoothie | Smoothie | Smoothie | Smoothie |
| AM Snack | Apple & Cheese | Apple & Cheese | Apple & Cheese | Veggies & Tzatziki | Veggies & Tzatziki | Veggies & Tzatziki | Veggies & Tzatziki |
| Mid-Day Meal | Great Grated Salad | Great Grated Salad | Great Grated Salad | Mexican Chili Bowl | Great Grated Salad | Great Grated Salad | Great Grated Salad |
| PM Snack | Celery & Nut Butter | Celery & Nut Butter | Celery & Nut Butter | Orange & Roasted Edamame | Orange & Roasted Edamame | Orange & Roasted Edamame | Orange & Roasted Edamame |
| PM Meal | Thai Lettuce Wrap | Thai Lettuce Wrap | Mexican Chili Bowl | Thai Lettuce Wrap | Thai Lettuce Wrap | Mexican Chili Bowl | Mexican Chili Bowl |

| Produce |
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| <ul style="list-style-type: none"> <input type="checkbox"/> 8 cups veggies (for snacks with tzatziki, such as jicama sticks, cucumbers, bell peppers, snap peas, radishes, zucchini, carrots, etc.) <input type="checkbox"/> 2 bags (32 oz. total) riced cauliflower (or two small heads, for salad, wraps, and bowls) <input type="checkbox"/> 1 bag (16 oz.) riced broccoli (or one small head, for salad) <input type="checkbox"/> 1 bag (16 oz.) bag shredded carrots (for wraps) <input type="checkbox"/> 1 small head red cabbage (for salad) <input type="checkbox"/> 2 medium + 1 small bell peppers (for wraps and bowls) <input type="checkbox"/> 1 small onion <input type="checkbox"/> 1 head celery (for snacks) <input type="checkbox"/> 1 head lettuce (butter, green leaf, or romaine) <input type="checkbox"/> 4 cups greens (for smoothies) <input type="checkbox"/> 4 cups baby spinach (for chili) <input type="checkbox"/> 1 bunch fresh herbs (cilantro, parsley, and/or mint) <input type="checkbox"/> 1 small shallot <input type="checkbox"/> 1 bulb fresh garlic <input type="checkbox"/> small knob fresh ginger <input type="checkbox"/> 2 cups fresh or frozen fruit (for smoothies) <input type="checkbox"/> 2 cups berries (fresh or frozen, for oatmeal) <input type="checkbox"/> 3 apples <input type="checkbox"/> 5 oranges <input type="checkbox"/> 4 limes <input type="checkbox"/> 1 medium avocado |

Protein

- ☐ 18 oz. lean animal protein or 4½ cups plant protein (for the Great Grated Salad)
- ☐ 12 oz. lean animal protein or 3 cups plant protein (for the Mexican Chili Bowl)
- ☐ 12 oz. lean animal protein or 3 cups plant protein (for the Thai Lettuce Wrap)
- ☐ 18 oz. plain 2% Greek yogurt (or protein powder, for smoothies)
- ☐ 16 oz. plain 2% Greek yogurt (for oatmeal)
- ☐ 4 oz. plain Greek yogurt (optional, for chili)
- ☐ 16 oz. tzatziki (for snacks)

Pantry Staples

- ☐ red pepper flakes
- ☐ soy sauce
- ☐ toasted sesame oil
- ☐ cayenne pepper
- ☐ chili powder
- ☐ cinnamon
- ☐ garlic powder
- ☐ ground cumin
- ☐ onion powder
- ☐ dijon mustard
- ☐ olive oil
- ☐ apple cider vinegar
- ☐ olive (or coconut) oil cooking spray
- ☐ stevia (optional)

Everything Else

- ☐ 20 oz. unsweetened almond milk (for oatmeal)
- ☐ 8 oz. crushed tomatoes (for chili)
- ☐ 3 oz. cheese of choice (for snacks)
- ☐ 1 bag dry roasted edamame (for snacks)
- ☐ 12 oz. old fashioned oats (for oatmeal)
- ☐ nut or sunflower butter (for celery snacks, if needed)