

Fresh & Full Week 1 Grocery List

Week 1 Meal Plan At-a-Glance

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Brkfst	Breakfast Sausage & Greens	Fresh & Full Super Smoothie BP	Breakfast Sausage & Greens	Fresh & Full Super Smoothie BP	Breakfast Sausage & Greens	Fresh & Full Super Smoothie BP	Breakfast Sausage & Greens
Snack	Coco-nutty Fruit Salad	Coco-nutty Fruit Salad	Coco-nutty Fruit Salad	Stuffed Portobello Mushroom Pizza	Stuffed Portobello Mushroom Pizza	Stuffed Portobello Mushroom Pizza	Stuffed Portobello Mushroom Pizza
Lunch	Cauliflower Tabouli	Cauliflower Tabouli	Loaded Burger Salad	Loaded Burger Salad	Fresh & Full Salad I	Fresh & Full Salad I	Fresh & Full Salad I
Dinner	Loaded Burger	Loaded Burger	Cauliflower "Fried Rice"	Cauliflower "Fried Rice"	Creamy Broccoli Zucchini Soup	Creamy Broccoli Zucchini Soup	Creamy Broccoli Zucchini Soup

Produce
<ul style="list-style-type: none"> - 2 avocados - 1 apple - 3 apples or pears (for fruit salad) - 5 medium tomatoes - 2 cucumbers - 10 cups baby spinach - 10 cups mixed greens - 3 cups greens (for smoothies) - 1 head butter lettuce - 4 portobello mushroom caps - 1 cup mushrooms - 24 oz. cauliflower rice (or 1 large head cauliflower) - 2 heads broccoli - 2 small red bell peppers - 1 green bell pepper - 2 small red onions - 3 yellow onions - 3 bunches green onions - 4 medium carrots - 1 small bunch radishes - 8 cups diced mixed veggies (fresh or frozen) - 1 bunch mint - 1 bunch parsley - 3 lemons - 1 head garlic - 3-inch knob of ginger

Protein
<ul style="list-style-type: none"> - 1 tub protein powder (or plain Greek yogurt or cottage cheese, for smoothies) - 32 oz. roasted chicken breast - 16 oz. ground turkey (96% lean) - 16 oz. ground beef (90% lean) - 12 oz. tuna - 8 oz. shrimp - 12 slices nitrate/nitrite-free pepperoni - 12 oz. plain Greek yogurt - 1 egg

Pantry Staples
<ul style="list-style-type: none">- 2 quarts low-sodium chicken or vegetable broth- sea or kosher salt- black pepper- apple cider vinegar- cinnamon (optional)- dijon mustard- italian seasoning- olive oil- red pepper flakes- red wine vinegar- sesame oil- smoked paprika- tamari or soy sauce- tomato paste- vanilla (optional)

Everything Else
<ul style="list-style-type: none">- 8 oz. parmesan- 8 oz. mozzarella cheese- 24 oz. unsweetened nut milk (optional, for smoothies)- 3 oz. pumpkin seeds- 2 oz. walnuts- 1 oz. sesame seeds- 2 oz. seeds or nuts (for smoothies)- 1 jar (16 oz.) nut butter or coconut oil (for smoothies)- 1 oz. unsweetened shredded coconut- ½ cup marinara sauce- 1 jar dill pickle slices- 18 kalamata olives