

LOW CARB CHALLENGE WEEK 1 LIST

Produce:

- 1) Fruit:
 - a. 7 Lls (1/2 lemon per person per day)
 - b. 2 large limes
 - c. 2 small bananas
 - d. 1 large granny smith apple
 - e. 4 small apples (I love fuji)
- 2) Roots:
 - a. 2 large sweet potatoes
 - b. 2 large yellow onions
 - c. 1 large red onion
 - d. 1 bulb garlic
 - e. 2tbsp ginger (about the length of a finger)
 - f. 2 large carrots
 - g. 2 large parsnips
- 3) 1 small carton of cherry tomatoes (red/yellow/heirloom)
- 4) 1 large green bell pepper
- 5) 1 green onion
- 6) 1 small bunch asparagus (1/2 bunch per serving)
- 7) 1lb green beans
- 8) large head cauliflower (1/4 head per serving)
- 9) head of Romaine (for lettuce wraps)
- 10) 4 cups spinach (in addition to your breakfast spinach)
- 11) 8oz mushrooms

Dairy:

- 1) 4oz goat cheese
- 2) 1 cup (8oz) greek yogurt (in addition to your breakfast yogurt)
- 3) 4 eggs (in addition to your breakfast eggs)
- 4) unsweetened almond milk (2 cups)

Meat:

- 1) 32oz (2lbs) lean ground turkey
- 2) 32oz chicken breasts (or 4 large breasts)
- 3) 16oz (1lb) lean ground beef
- 4) 8oz salmon (2 steaks)
- 5) 16oz (1lb) lean steak

Canned:

- 1) 1 6oz can tomato paste
- 2) 1 14.5oz can diced tomatoes
- 3) 1 can lite coconut milk
- 4) "Better Than Bouillon" Chicken Flavor (or plenty of canned/carton chicken broth)

Grains:

- 1) 1 cup quinoa (1/4 cup dry per person) (170 calories)
- 2) 1 cup almond flour (or almond meal)

Frozen:

- 1) mixed berries (at least 2 cups)

Other:

- 1) dark chocolate bar (s) (7 squares per person) ☺
- 2) walnuts (you'll need 1/4 cup)
- 3) pine nuts (optional)
- 4) raisins
- 5) dried apricot
- 6) raisins (optional)
- 7) corn starch (or potato starch)
- 8) baking powder

Spices:

- 1) black pepper (freshly ground corns, if possible)
- 2) garlic powder
- 3) kosher or sea salt
- 4) anise seed
- 5) ancho chili powder
- 6) cardamom
- 7) cayenne pepper
- 8) chili powder (regular spice blend)
- 9) cinnamon
- 10) coriander
- 11) cumin
- 12) garam masala
- 13) ground cloves
- 14) ground thyme
- 15) oregano
- 16) powdered ginger
- 17) sweet paprika (or regular paprika)

Condiments:

- 1) olive oil
- 2) coconut oil
- 3) sesame oil
- 4) rice vinegar (if your store has flavors, garlic flavored is great)
- 5) dijon mustard (or similar)
- 6) honey (or agave)
- 7) low sodium soy sauce (or coconut aminos)
- 8) olive oil mayo (or veganaise)
- 9) chili garlic paste <https://goo.gl/IK1P1A>

Sample Breakfast & Snacks (add your own)

- 1) 28 eggs (2 per person per day)
- 2) spinach
- 3) large onion
- 4) 4 avocados (1/4 per person per day)
- 5) 14 greek yogurts (1 per person per day)
- 6) hot sauce (I like Cholula)
- 7) baby carrots
- 8) veggie chips
- 9) Clementines
- 10) mixed nuts

Note about spices: I like a lot of flavor, and am a spice-heavy chef. If you don't, skip any of these that don't sound good to you! Spices are usually pretty flexible with my recipes. Alternately, get a few new ones each week. It's going to be \$\$ if you're having to buy this many spices at once. Just start collecting! Check this week's recipes and buy whichever ones you see used most often.