

LOW CARB CHALLENGE WEEK 2 LIST

• Check the Week 1 shopping list + Week 2 recipes for oils/spices/condiments that are not repeated here

Produce:

- 1) Fruit:
 - a. 7 lemons (1/2 per person per day)
 - b. 2 limes
 - c. Strawberries
 - d. Blueberries
 - e. 2 cups diced pineapple
 - f. 2 avocados (in addition to any breakfast avocados)
- 2) Small red onion
- 3) 2 large yellow onions
- 4) 2 carrots
- 5) Large head cauliflower (4 servings)
- 6) Small head of broccoli (2 servings)
- 7) Spinach (enough for 4 salads)
- 8) Kale (3 cups)
- 9) Romaine (for 2 salads)
- 10) 8oz bella or button mushrooms
- 11) 4oz shitake mushrooms
- 12) 3 red bell peppers
- 13) 2 jalapenos
- 14) 1 bunch of green onions
- 15) 2 bunches asparagus
- 16) 2 cartons grape/cherry tomatoes (1 red, 1 yellow)
- 17) 4 Roma tomatoes
- 18) Cilantro
- 19) Fresh basil
- 20) 2 cups “zoodles”

Dairy:

- 1) 4oz goat cheese
- 2) Parmesan cheese
- 3) 4 eggs (in addition to your breakfast eggs)
- 4) 6oz plain greek yogurt

Meat:

- 1) 48oz chicken breast (6 large breasts)
- 2) 2 4oz salmon steaks
- 3) 16oz lean steak (diced)
- 4) 16oz lean ground turkey

Canned:

- 1) 1 can chickpeas
- 2) 2 cans high quality tuna
- 3) 28oz + 14.5oz diced tomatoes
- 4) Lite coconut milk

Grains:

- 1) 1 cup quinoa (1/4 cup dry per person)
- 2) Italian bread crumbs
- 3) Coconut flour

Frozen:

- 1) Peas

Other:

- 1) dark chocolate bar (s) (7 squares per person) ☺
- 2) almonds (whole or slivered)

Spices:

- 1) basil
- 2) parsley
- 3) dill
- 4) turmeric

Condiments:

- 1) balsamic vinegar
- 2) red wine vinegar
- 3) Worcestershire sauce

Sample Breakfast & Snacks (add your own)

- 1) 28 eggs (2 per person per day)
- 2) 4 avocados (1/4 per person per day)
- 3) 14 greek yogurts (1 per person per day)
- 4) bananas
- 5) clementines
- 6) think thin bars
- 7) veggie chips