

LOW CARB CHALLENGE WEEK 3 LIST

• Check the Week 1-2 shopping lists + Week 3 recipes for oils/spices/condiments that are not repeated here

Produce:

- 1) Fruit:
 - a. 8 lemons
 - b. 8 limes
 - c. 2 oranges
 - d. 1 granny smith apple
 - e. 4 small red apples
 - f. 2 mangos (or 2 cups pre-sliced mangos)
 - g. 2 bananas
 - h. 2 avocados (in addition to any breakfast avocados)
- 2) 2 Small red onions
- 3) 1 large yellow onion
- 4) 2 bulbs garlic
- 5) Ginger (about 2Tbsp)
- 6) 2 sweet potatoes
- 7) 1 each green, red, orange, yellow bell peppers
- 8) 10+ sprigs mint
- 9) Flat leaf parsley
- 10) Cilantro
- 11) Cabbage (leaves for wraps)
- 12) Romaine (leaves for wraps and shredded for salads)
- 13) 8 Roma tomatoes
- 14) 2 cartons grape tomatoes (one red, one yellow)
- 15) 1 bunch asparagus
- 16) 2 serrano peppers

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

Dairy:

- 1) 4oz goat cheese
- 2) 12oz plain greek yogurt

Meat:

- 1) 32oz chicken breast (6 large breasts)
- 2) 2 4oz salmon steaks
- 3) 16oz lean steak (diced)
- 4) 16oz lean ground turkey
- 5) 16oz lean ground beef

Canned:

- 1) 2 cans chickpeas
- 2) 14.5oz diced tomatoes
- 3) 6oz tomato paste

Grains:

- 1) 1 cup quinoa (1/4 cup dry per person)

Other:

- 1) dark chocolate bar (s) (7 squares per person) ☺
- 2) 2 cups shelled pistachios
- 3) 1/2 cup macadamia nuts
- 4) Cashew butter

Spices:

- 1) Smoked paprika