

LOW CARB CHALLENGE WEEK 4 LIST

• Check the Weeks 1-3 shopping lists + Week 4 recipes for oils/spices/condiments that are not repeated here

Produce:

- 1) Fruit:
 - a. 7 lemons (1/2 per person per day)
 - b. 4 limes
 - c. 1 large granny smith apple
 - d. Strawberries
 - e. Blueberries
 - f. 2 cups diced pineapple
 - g. 2 avocados (in addition to any breakfast avocados)
- 2) 2 acorn squashes
- 3) 5 large potatoes
- 4) 4-5 medium beets with tops (or 3-4 small)
- 5) Small red onion
- 6) 2 small yellow onions
- 7) 1 large yellow onion
- 8) Small head of broccoli (2 servings)
- 9) Spinach (enough for 4 salads)
- 10) Romaine (for 2 salads)
- 11) 2 jalapenos
- 12) 2 serrano peppers
- 13) 1 bunch of green onions
- 14) 4 Roma tomatoes
- 15) 1 large “beef” tomato (or 2-3 additional Roma tomatoes)
- 16) 1Tbsp fresh ginger (about the size of your pinky)
- 17) Cilantro
- 18) Fresh basil
- 19) 2 cups “zoodles”

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) 2 eggs (in addition to your breakfast eggs)
- 3) 6oz plain yogurt

Meat:

- 1) 32oz chicken breast (4 large breasts)
- 2) 2 4oz salmon steaks
- 3) 16oz lean ground beef

Canned:

- 1) 2 cans chickpeas
- 2) 2 cans high quality tuna
- 3) 3 cups beef stock

Other:

- 1) dark chocolate bar (s) (7 squares per person) ☺
- 2) brown sugar
- 3) walnuts (1/4 cup)

Spices:

- 1) chaat masala