

WEEK 1: GROCERY LIST - NO NUTS

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GREEN CONTAINER

2-3 bags power greens (approx 8 cups/large handfuls)
1 onion
1 green bell pepper
1 can (15 oz) diced tomato - no sugar
romaine hearts
tomato
1 red bell pepper
approx 3 cups broccoli

PURPLE CONTAINER

berries (approx 8 cups any combo you like)
1-2 banana
3 apples
grapes

RED CONTAINER

1 dozen eggs
1 container cottage cheese 2%
1 container Greek yogurt, plain, 1%
Shakeology (any flavors you prefer - contact me to order)
1 package 93% lean ground turkey
4 chicken breasts
1 turkey burger

YELLOW CONTAINER

quick cook oats
3 cans (15 oz) black beans
quinoa
whole grain sprouted bread
1 sweet potato

BLUE CONTAINER

goat cheese
1 large avocado

ORANGE CONTAINER

approx 1 1/2 cups pumpkin seeds

TEASPOON

sunflower seed butter
olive oil

OTHER

raisins
ground cumin
chili powder
Himalayan salt
cayenne pepper
unsweetened coconut milk

You may already have some of these spices. Being in a family of four, I have veggies and fruits readily available. You may need slightly more or less than what is listed here.

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