

Optimized Health

WEEK 3 - GROCERY LIST

***Plan to Grocery Shop 1X per Week

NOTE: The grocery list below lists all the items needed for the Week 4 Recipe Plan. Because the amounts to buy (that are listed next to each food item) are only recommended amounts based on the recipes, check your pantry and fridge each week before going to the store or ordering online, to see how much you have as carry over from the previous week and deduct that from the amounts listed on the grocery list. (Example: if you have 5 lemons in your fridge from the week before then, deduct 5 from the amounts of lemons recommended in current week's grocery list to prevent over-buying.

Produce:

- 7 heads - Organic Romain Lettuce
- 4 heads - Organic Red/Green Leaf Lettuce OR 1 box - Organic Mixed Greens
- 1 large box - Organic Spinach
- 2 bunches - Organic Cilantro
- 2 bunches - Organic Parsley
- 1 bunch - Organic Green Onions (optional)
- 1 bunch - Organic Kale (green, red - whichever are the biggest heads)
- 21 - Lemons
- 8 - Limes
- 16 large - Avocados (or 45 small avocados)
- 1 large root - Organic Ginger
- 3 bunches - Organic Radishes
- 3 bunches - Organic Celery
- 1 lb - Organic Carrots
- 1 bunch - Organic Fresh Mint
- (optional for extra calories) 1 cup - Fresh Olives (Black, Kalamata etc.) (in a jar OR at the olive bar - only buy olives that are in water & vinegar: **NO OIL**)

Organic Protein:

- 1 lb - Organic Gr. Beef - either 80/20 &/or 90/10 fat percentage are fine. (If you can find beef that's both organic AND grass fed, that's best! But if you can't find a brand

that does both, always make sure it's organic. ***We love the brand Panorama from Whole Foods) <https://panoramameats.com/>

- 1/2 lb (8 oz) Organic Steak Or Filet or Sirloin (Grass Fed is best!)
- 2 lb Wild Caught Alaskan Salmon
- 2 dozen - Organic Eggs (If you can find eggs that are both organic AND pastured, that's best! But if you can't find a brand that does both, always make sure they're organic.

Organic Section:

- 3 - Organic **Unsweetened** Vanilla Coconut or Almond Milk (Best Brands: So Delicious Coconut Milk or MALK) found in Refrigerator Section)
- 1 container - Organic Red Miso Paste
- 1 jar - Organic Ground Tahini (Paste)
- 1 bottle - Organic Dried Basil
- 2 jars - Organic Mayo (made with Avocado Oil & Pastured Eggs) (I love the brand: Primal Kitchen)
- 1 bottle - Organic Dijon Mustard
- 1 Large Bottle - Braggs Raw Unpasteurized Organic Apple Cider Vinegar
- 1 Bottle Organic Gluten Free Coconut Aminos or Organic Gluten Free Tamari
- 1 bottle - Extra Virgin Olive Oil - Cold Pressed (I love the brand: California Olive Ranch)
- 1 jar - Organic Coconut Oil (Regular) (I love the Nutiva Brand)
- 1 jar - Organic Coconut Oil (Refined) (I love the Nutiva Brand)
- (if not using Monkfruit) 1 Container - Organic Stevia Powder (I love the brand: Sweet Leaf)
- (Optional for extra calories) About 3 cups - Raw, Organic Macadamia

(when needed) **Shake Ingredients** (order online is recommended but you can also purchase some of these items in a grocery/ health store):

Organic Psyllium Husks:

https://www.amazon.com/gp/product/B00JDOAKRM/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

Organic Monkfruit Extract:

<https://amzn.to/34f9uzN>

Maca Powder: (for 1 bag)

[https://www.amazon.com/gp/product/B078CYNWBC/
ref=ppx_yo dt b asin title o02 s01?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B078CYNWBC/ref=ppx_yo_dt_b_asin_title_o02_s01?ie=UTF8&psc=1)

**Organic Whole Flax Seeds (avoid pre-ground flax seeds as oils will be rancid):
(Buy a 5 lb bag)**

<https://amzn.to/3dIMRoX>

Organic Cacao Powder: (Buy a pack of 3 bags)

<https://amzn.to/3dKBuN4>

Organic Almond Flour:

[https://www.amazon.com/gp/product/B07R1KWDFH/
ref=ppx_yo dt b asin title o05 s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B07R1KWDFH/ref=ppx_yo_dt_b_asin_title_o05_s00?ie=UTF8&psc=1)