BODY BELIEF

PREP Phase Grocery List

All recipes can be found in Body Belief.

WEEK ONE SHOPPING LIST

You're going to need at least 4 cups of bone broth this week. Choose your favorite recipe and double the ingredients and add that to this list.

- ☐ One bottle of apple cider vinegar (the real stuff with the mother)
- ☐ Extra virgin olive oil
- ☐ Coconut oil
- ☐ 1 bulb of Garlic
- ☐ 3-4 Avocados
- ☐ 6 Lemons
- ☐ 3-4 Beets
- ☐ Carrots
- ☐ 2 large Yellow Onions
- ☐ Asparagus (2 servings)
- ☐ Broccoli
- ☐ 3 cups Spinach
- ☐ 3 cups Kale
- ☐ 1 Bell Pepper
- ☐ 2 Grapefruits
- ☐ 3 Tomatoes
- ☐ Mesclun greens (1 serving)
- ☐ Mixed greens (1 serving)
- ☐ Blueberries
- ☐ Strawberries
- ☐ Green beans
- ☐ 2 Bananas
- ☐ Corn
- ☐ Celery
- ☐ 2 Apples
- ☐ Bok choy
- ☐ Watercress
- ☐ Leeks
- ☐ 1 Shallot

- ☐ Mushrooms
- ☐ Olives
- ☐ Sauerkraut
- ☐ Rosemary
- ☐ Fresh basil
- ☐ 2 cans full fat Coconut Milk in BPA free cans
- ☐ Pink Himalayan sea salt
- ☐ Black Pepper (peppercorns that you'll fresh grind are best)
- ☐ Cultured Ghee
- ☐ 8 oz. Wild Salmon
- ☐ 4 oz. Ground Turkey (for meatballs)
- ☐ Bacon (just a few cslices)
- ☐ Organic Grassfed Sausage (chicken, turkey, or pork)
- ☐ 4 oz, Beef Tenderloin
- ☐ 4 oz. Chicken
- ☐ 4 oz. Sole
- ☐ 8 Eggs
- ☐ Hummus
- ☐ Quinoa or Brown Rice Pasta
- ☐ Kidney Beans
- ☐ Walnuts
- ☐ Almonds
- ☐ Cashews
- ☐ Sunflower seed butter
- ☐ Nut Butter of your choice (Peanut or Almond)
- ☐ Flax Seeds
- ☐ Maca Powder
- ☐ Vital Proteins Collagen Peptides
- ☐ 1 Larabar
- ☐ Gluten Free Bread