



**Men's
8 Week
Transformation
Challenge**

Grocery List

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Fats & Oils

- 1 jar Coconut oil, extra virgin organic
- 1 jar Extra Virgin Olive Oil
- 1 jar Olive Oil
- ½ pound Grass fed butter
- 2-4 Avocados
- 1 container raw nut butter – almond, cashew, walnut (pick one to start)
- ¼ pound of nuts, raw – walnuts, almonds, pumpkin seeds, pine nuts, macadamia nuts
- 1 jar Olives, black and green
- 1 jar Flaxseed oil, cold pressed (store in fridge)
- 1 jar Hempseed oil, cold pressed (store in fridge)
- 1 package of goat cheese
- 1 package of organic hard cheese
- 1 container of Parmesan cheese

Vegetables

- 4 field cucumbers
- 2 tomatoes
- 1 stalk celery
- 2 heads broccoli
- 2 heads cabbage
- 2-3 heads dark green leafy lettuce
- 1 large box of organic spinach
- 1 head kale
- 1 container sliced mushrooms
- 2 heads cauliflower

- 2 white onions
- 2 Spanish onions
- 4 sweet potatoes
- 6 zucchini's
- 2-4 peppers
- 3 lemons
- Fresh spices – cilantro, parsley, thyme, basil, dill
- 4-6 field carrots
- 3 handfuls of brussel sprouts
- 6-8 garlic bulbs or 1 large jar of minded garlic (not from China)
- 1 spaghetti squash
- 1 butternut squash

Fruits

- 1-2 pints of organic blueberries
- 1-2 pints of organic raspberries
- 1 pint of organic strawberries
- 3 grapefruit
- 1-2 bags of frozen berries
- 3-4 Bananas

Proteins

- 2 dozen free range, organic eggs
- 1 carton of free range egg whites
- 1 large container of Greek yogurt
- 1 pound of nitrate free bacon
- 2 pounds of grass fed beef
- 3 pounds of organic chicken

- 2 pounds of organic ground turkey
- 1 pound of fish
- 1 container of high quality protein powder
- 1 small package of organic beef jerky

Spices, Condiments & Baking Supplies

- 1 pound of coconut flour
- ¼ pound of organic shredded coconut
- 1 jar of coconut aminos
- 1 container of sugar free salsa
- 1 jar of Dijon mustard
- 1 jar of champagne mustard
- 2 jars of sugar free tomato sauce
- Sea salt
- Pepper
- Smokey paprika
- Allspice
- Onion powder
- Garlic powder
- 1 jar of cinnamon
- 1 jar of Apple Cider Vinegar
- 1 large jar of fermented sauerkraut
- 1 jar of gluten free tamari sauce
- 1 jar of Stevia or Stevia packets
- 1 package of dark chocolate chips