

ROAR+

Weekly Shopping List

Organic Vegetables

(4 cups per day = 7+lbs a week – not a typo)

Leafy vegetables: 1lb = 1-1.5 cups cooked

Most other vegetables: 1lb = 3-4 cups cooked

1. **Green vegetables** - pick ANY - broccoli, broccolini, kale, spinach, arugula, bok choy, green beans, celery, Brussel sprouts, asparagus, fennel, zucchini, leeks – organic
2. **Colored vegetables** - colored carrots, beets, mushrooms, peppers, onions, cauliflower - organic

Approved by your consultant:

Quality Protein

(3 servings per day – COOKED)

1. **Eggs** (already in the fats shopping category)
2. **3-4lbs of protein**

Choose from the following:

- **Beef, veal or game meat** - organic, grass-fed
- **Fish** – salmon, sardines, anchovies, haddock, petrol sole, summer flounder, trout – wild, yellowfin or blue fin tuna
- **Other seafood** – scallops, shrimp, squid, clams, mussels, oysters, lobster, crab, crawfish – wild
- **Poultry & pork:** free range chicken, duck or goose, pork - pastured

Approved by your consultant:

Quality Fats

1. **Butter** – Kerrygold brand, or pastured & free range butter, or raw butter; salted or unsalted
2. **14 eggs** per week - pastured, free range
3. **1 bag of raw almonds or walnuts** – organic
4. **Extra virgin olive oil** or **avocado oil** – organic
5. **Coconut oil, milk or cream** – organic
6. **Bone broth** – organic, chicken or beef
7. **Avocados** – organic

Approved by your consultant:

Organic Fruits AND/OR Carbohydrates

(2-4 servings per WEEK)

1. **1 tray of fresh berries** - strawberries, blueberries, raspberries, blackberries, boysenberries
2. **1-2 servings of other fruits** – small apple, lemon, lime, small apple, small pear, apricots (2 per serving), plums (1-3 per serving)
3. **1 bag of grains** - quinoa, wild rice, teff or sprouted whole grains – sprouted or organic
4. **1 starchy vegetable** - pumpkin, butternut squash, yam or carrot - organic

Approved by your consultant:
