

<b>3 Day Shopping list</b>	
<b>Quantity</b>	<b>Fruit</b>
3 pounds or 6 cups	Grapes
1/2 cup	Blackberries
15 apples (variety)	Apple
6	Lemon
6	Clemtines
1	Orange
1	Lime
	<b>Vegetables</b>
10	Carrot
7	Cucumber
22 stalks	Celery
11	Tomatoes
2	Red Bell Pepper
1	Red Onion
1	Sweet potato
7	Beets
12	Radishes
2 Stalks	Broccoli
	<b>Spices</b>
9 Inches	Ginger
1	Jalapeno
	<b>Herbs</b>
8 cups	Parsley
2 Bunches (40 leaves)	Basil
	<b>Leafy Greens</b>
38 leaves	Kale
14 leaves	Swiss Chard
10 cups	Spinach
1/2 head	Green Cabbage
1 1/2 Bulbs	Fennel
	<b>Optional</b>
2 Liters	Coconut Water
3	Avocados
40 bags	Herbal Tea
1 Cannister	Pea protein
1 bag	Chia Seeds
1 bag	Ground Flax seed
1 bag	Hemp seed powder
1 Cannister	Spirulina