

# 30 Day Challenge Shopping List

## Week 1

Here's your **suggested** shopping list to complete our **suggested** recipes for Week 1

- Apples - 18 medium (about 7 lbs)
- Carrots - 35 medium (about 5 lbs)
- Celery - 14 stalks (about 2 bunches)
- Oranges - 4
- Ginger - 3 inches/thumbs
- Lemons - 2

### Notes

We've included the approx. weights next to the ingredient amounts to give you a better idea how much to get when buying in bulk, but amounts should be relied on over weights to make it easier when you're in the kitchen.

**Apples** - It's usually a good idea to get some extra apples if you want a little bit more yield out of a recipe or if you need it a little sweeter.

**Carrots** - If you're buying bulk bags (e.g. a 5 lb bag of carrots), you should get more than you think you need. The size of the carrots in a bulk bag can range from tiny carrots to huge carrots, so there may be 20 huge carrots, which complicates things. Carrots are cheap!

**Celery** - Be sure to count your celery stalks. Celery bunches can have a wide range of stalks in them.