

30 Day Challenge Shopping List

Week 2

Here's your **suggested** shopping list to complete our **suggested** recipes for Week 2

- Apples - 18 medium (about 8 lbs)
- Carrots - 26 medium (about 3.5 lbs)
- Celery - 11 stalks (about 2 bunches)
- Cucumber - 1
- Pear - 1
- Spinach - 6 cups (6 oz)
- Oranges - 4
- Ginger - 4 inches/thumbs
- Lemons - 4
- Lime - 1
- Grapes (white) - 2 handfuls (180 grams)
- Cabbage (red/purple) - 1 head

Notes

We've included the approx. weights next to the ingredient amounts to give you a better idea how much to get when buying bulk bags, 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.

Grapes - A recipe calls for white grapes this week, but red grapes will work great too. I know it's odd to buy 2 handfuls of grapes, but you can always eat the rest if you get a big bag of them. (1 handful of grapes is approx. 1 cup of grapes or about 15 grapes.)