

30 Day Challenge Shopping List

Week 3

Here's your **suggested** shopping list to complete our **suggested** recipes for Week 3

- Apples - 14 medium (about 5.5 lbs)
- Carrots - 34 medium (about 4.5 lbs)
- Celery - 11 stalks (about 1.5 bunch)
- Cucumbers - 2
- Oranges - 4
- Ginger - 2 inches/thumbs
- Lemons - 2
- Spinach - 5 cups (5oz)
- Pear - 1
- Beets - 3 (1 bunch)

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.