

Weekly grocery shopping list

Lock-in Real-World Strength · Monday through Sunday

35

Unique ingredients

9

Recipe servings

5

Unique recipes

2605.9 g

Estimated total weight

Basic ingredients

30 items

☐	Almond milk, unsweetened, plain Used in 1 recipe, such as Calicen Smoothie Week 16-17	1 cup (262 g)
☐	Arugula, raw Used in 1 recipe, such as Calicen Smoothie Week 16-17	0.25 cups (5 g)
☐	Avocados, raw Used in 2 recipes, such as The best avocado toast	1 piece (201 g)
☐	Beverages, tea, green, brewed, regular Used in 1 recipe, such as Green Tea	3 cups (735 g)
☐	Blueberries, wild, frozen Used in 1 recipe, such as Calicen Smoothie Week 16-17	0.21 cups (30 g)
☐	Bread, french or vienna (includes sourdough) Used in 1 recipe, such as The best avocado toast	1 slice (139 g)
☐	Brussels sprouts, raw Used in 1 recipe, such as Calicen Smoothie Week 16-17	2 sprouts (38 g)
☐	Cacao Nibs, raw Used in 1 recipe, such as Calicen Smoothie Week 16-17	25 g (25 g)
☐	Carrots, mature, raw Used in 1 recipe, such as Cucumber Salad	1 small (5-1/2" long) (50 g)
☐	Celery, raw Used in 2 recipes, such as Cucumber Salad	7.76 stalk, small (5" long)s (132 g)
☐	Chia seeds, dry, raw Used in 1 recipe, such as Calicen Smoothie Week 16-17	5 g (5 g)
☐	Cucumber, with peel, raw Used in 1 recipe, such as Cucumber Salad	1 cucumber (8-1/4") (301 g)

☐	Eggs, whole Used in 1 recipe, such as The best avocado toast	2 media (88 g)
☐	Flaxseed Used in 1 recipe, such as Calicen Smoothie Week 16-17	2 tsp, grounds (5 g)
☐	Garlic, raw Used in 1 recipe, such as The best avocado toast	2 cloves (6 g)
☐	Kale, raw Used in 1 recipe, such as Calicen Smoothie Week 16-17	0.5 cups (10.5 g)
☐	Lemon grass (citronella), raw Used in 1 recipe, such as Herbal Tea	3 tablespoons (14.4 g)
☐	Olive Oil, extra virgin Used in 2 recipes, such as The best avocado toast	5 tablespoons (67.5 g)
☐	Onions, raw Used in 1 recipe, such as The best avocado toast	2 tbsp choppeds (20 g)
☐	Peanuts, raw Used in 1 recipe, such as Cucumber Salad	1 oz (28.4 g)
☐	Peppers, bell, red, raw Used in 1 recipe, such as Cucumber Salad	1 medium (approx 2-3/4" long, 2-1/2 dia.) (119 g)
☐	Salad dressing, mayonnaise, regular Used in 1 recipe, such as The best avocado toast	1 tablespoon (13.8 g)
☐	Salt, table, iodized Used in 1 recipe, such as The best avocado toast	1 teaspoon (6 g)
☐	Seeds, hemp seed, hulled Used in 1 recipe, such as Cucumber Salad	6 tablespoons (60 g)
☐	Seeds, pumpkin seeds (pepitas), raw Used in 1 recipe, such as Calicen Smoothie Week 16-17	5 g (5 g)
☐	Seeds, sesame seeds, whole, dried Used in 1 recipe, such as Calicen Smoothie Week 16-17	5 g (5 g)
☐	Spices, pepper, black Used in 1 recipe, such as The best avocado toast	1 dash (0.1 g)
☐	Spinach, frozen, without salt Used in 1 recipe, such as Calicen Smoothie Week 16-17	0.5 cups (95 g)
☐	Spring Onion, whole, raw Used in 1 recipe, such as Cucumber Salad	1 large (25 g)

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| ☐ | Vinegar, cider
Used in 1 recipe, such as Cucumber Salad | 3 tablespoons (44.7 g) |
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Supplements

5 items

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| ☐ | Creatine Monohydrate
Used in 1 recipe, such as Calicen Smoothie Week 16-17 | 1 Serving (1 Scoop) (5 g) |
| ☐ | Mushroom Trio+
Used in 1 recipe, such as Calicen Smoothie Week 16-17 | 1 Serving (1 Scoop) (10 g) |
| ☐ | Potassium Citrate
Used in 1 recipe, such as Calicen Smoothie Week 16-17 | 2 Serving (1 Scoop)s (10 g) |
| ☐ | Skin Collagen Matrix+
Used in 1 recipe, such as Calicen Smoothie Week 16-17 | 1 Serving (1 Scoop) (10 g) |
| ☐ | Vegan Protein+ Amino Balanced
Used in 1 recipe, such as Calicen Smoothie Week 16-17 | 1 Serving (1 Scoop) (34.6 g) |