

Weekly grocery shopping list

Peak Muscle Growth · Monday through Sunday

30

Unique ingredients

9

Recipe servings

5

Unique recipes

2202.5 g

Estimated total weight

Basic ingredients

25 items

- | | | |
|--------------------------|---|-------------------------------------|
| ☐ | Almond milk, unsweetened, plain
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 1 cup (262 g) |
| ☐ | Arugula, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 0.25 cups (5 g) |
| ☐ | Avocados, raw
Used in 2 recipes, such as Guacamole | 1.5 pieces (301.5 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 10-15 | 0.43 cups (60 g) |
| ☐ | Brussels sprouts, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 2 sprouts (38 g) |
| ☐ | Cacao Nibs, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 25 g (25 g) |
| ☐ | Carrots, mature, raw
Used in 1 recipe, such as Tilapia and veggies in foil packet | 1 small (5-1/2" long) (50 g) |
| ☐ | Celery, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 1 stick (4") (4 g) |
| ☐ | Chia seeds, dry, raw
Used in 1 recipe, such as Calicen Smoothie Week 10-15 | 5 g (5 g) |
| ☐ | Dill weed, fresh
Used in 1 recipe, such as Guacamole | 1 g (1 g) |
| ☐ | Fish, tilapia, raw
Used in 1 recipe, such as Tilapia and veggies in foil packet | 1 fillet (116 g) |

☐	Flaxseed Used in 1 recipe, such as Calicen Smoothie Week 10-15	2 tsp, grounds (5 g)
☐	Garlic, raw Used in 1 recipe, such as Tilapia and veggies in foil packet	1 clove (3 g)
☐	Kale, raw Used in 1 recipe, such as Calicen Smoothie Week 10-15	0.5 cups (10.5 g)
☐	Lemon grass (citronella), raw Used in 1 recipe, such as Herbal Tea	3 tablespoons (14.4 g)
☐	Lime juice, raw Used in 1 recipe, such as Guacamole	1 lime yields (44 g)
☐	Olive Oil, extra virgin Used in 1 recipe, such as Tilapia and veggies in foil packet	2 tablespoons (27 g)
☐	Onions, raw Used in 2 recipes, such as Tilapia and veggies in foil packet	3 tbsp choppeds (30 g)
☐	Parsley, fresh Used in 1 recipe, such as Tilapia and veggies in foil packet	20 g (20 g)
☐	Peppers, bell, green, raw Used in 1 recipe, such as Tilapia and veggies in foil packet	1 small (74 g)
☐	Seeds, pumpkin seeds (pepitas), raw Used in 1 recipe, such as Calicen Smoothie Week 10-15	5 g (5 g)
☐	Seeds, sesame seeds, whole, dried Used in 1 recipe, such as Calicen Smoothie Week 10-15	5 g (5 g)
☐	Spinach, frozen, without salt Used in 1 recipe, such as Calicen Smoothie Week 10-15	0.5 cups (95 g)
☐	Tomatoes, red, ripe, raw Used in 2 recipes, such as Guacamole	3.19 Italian tomatoes (197.5 g)

Supplements

5 items

☐	Creatine Monohydrate Used in 1 recipe, such as Calicen Smoothie Week 10-15	1 Serving (1 Scoop) (5 g)
☐	Mushroom Trio+ Used in 1 recipe, such as Calicen Smoothie Week 10-15	1 Serving (1 Scoop) (10 g)
☐	Potassium Citrate Used in 1 recipe, such as Calicen Smoothie Week 10-15	2 Serving (1 Scoop)s (10 g)

**Skin Collagen Matrix+**

Used in 1 recipe, such as Calicen Smoothie Week 10-15

1 Serving (1 Scoop) (10 g)**Vegan Protein+ Amino Balanced**

Used in 1 recipe, such as Calicen Smoothie Week 10-15

1 Serving (1 Scoop) (34.6 g)