

Meals maker



7-DAY WHOLE 30 DAY RESET + PALEO

WEEK 1

ABOUT

The Whole 30 Day Reset Meal Plan is a 30 day plan to reset your body. This is intended to give your body a nutritional reset from unhealthy foods, cravings, and habits. For 30 days, you want to eat as clean and unprocessed as possible. This is a strict plan that requires eating foods with little to no added chemicals or ingredients. You want to eat whole foods that contain no additives or sugars.

GUIDELINES

- This is intended to be a short term way of eating to give your metabolism a reset and allow for the body to adjust to new healthy habits and foods.
- For 30 days you will be removing inflammatory and gut disruptive foods.
- Foods not allowed in your diet include: sugar, cheese, all forms of dairy, legumes, processed foods, baked goods, grains, alcohol, and artificial foods.
- Since this is a reset for the body, substitutions are not allowed.
- Due to the nature of restriction, this is not a long term plan but rather a quick way to get your body to adjust and reset.
- Disclaimer: Our advice is not intended to replace the consultation or advice of a medical professional. Always make sure to consult a medical professional before starting a new nutrition plan or workout plan. We assume no risk. By voluntarily deciding to partake in this meal plan, you assume all risk. If you feel any unusual changes to your body due to this meal plan, please stop immediately and consult with a physician.



PREPARATION

- Clear your home of any foods not allowed in the meal plan. If you do not live alone, then create a “safe space” where you can store all your foods so that you aren't tempted every time you need to take a spice out of your pantry.
- Plan ahead. Get all your shopping done at the start of the week.
- Prep ahead of time. Cut your vegetables and store them in the fridge, cook meals ahead of time and keep them handy, etc., so that you don't get tempted to fall off the plan.
- If you do fall off, then just start again immediately.
- Don't measure yourself or weight yourself for 30 days - this is truly intended to be a reset for the body. Don't focus on the weight.
- Don't be tempted by events, parties, etc., this plan is only for 30 days so stay on course with your meals.
- **You can do this!**

SIDE NOTE

- Week 4 will include 2 days of meals to complete the 30 days.
- For this week, we have included a separate Necessary Staples and Grocery List for you to shop at your discretion.



THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

BREAKFAST SCRAMBLE

Lunch:

SWEET POTATOES

Dinner:

SALMON, SPINACH AND
CHERRY TOMATO SALAD

DAY 2

Breakfast:

PAPAYA COCONUT WATER
SMOOTHIE

Lunch:

ROASTED SALMON WITH
VEGETABLES

Dinner:

CHICKEN WITH LEMON
ASPARAGUS

DAY 3

Breakfast:

TOMATO OMELET

Lunch:

CHICKEN, KALE AND
AVOCADO SALAD

Dinner:

BAKED BROCCOLI AND
SALMON

DAY 4

Breakfast:

SALMON CARPACCIO

Lunch:

AVOCADO EGG SALAD

Dinner:

OVEN BAKED CHICKEN
WITH ASPARAGUS

DAY 5

Breakfast:

ASPARAGUS AND KALE
OMELET

Lunch:

CHICKEN SALAD

Dinner:

SALMON AND AVOCADO
SALAD

DAY 6

Breakfast:

ARUGULA, SPINACH AND
TOMATO OMELET

Lunch:

BROCCOLI, ASPARAGUS
AND BERRY SALAD

Dinner:

TILAPIA WITH CHERRY
TOMATOES

DAY 7

Breakfast:

VEGETABLE EGG MUFFIN

Lunch:

BROCCOLI AND
MUSHROOMS

Dinner:

GARLIC SALMON AND
ZUCCHINI

WEEKLY Notes



BREAKFAST SCRAMBLE

Prep Time: 10 min.

Cook Time: 14 min.

Total Time: 24 min.

Ingredients:

olive oil
2 bell peppers, sliced
½ cup cherry tomatoes
4 eggs
1 teaspoon salt
2 teaspoons pepper
2 teaspoons garlic powder
1½ cups kale, chopped
3 tablespoons mint leaves, chopped, garnish

Instructions:

1. Heat olive oil in a large skillet over medium-high heat.
2. Add the bell peppers and tomatoes to the skillet; cover and cook for 5 minutes.
3. Then crack the eggs in; season with salt, pepper and garlic powder. Scramble and cook for 5 minutes.
4. Add in the kale; combine and cook for 4 minutes or until the leaves have wilted.
5. Transfer to a serving plate and garnish with chopped mint leaves.



SWEET POTATOES

Prep Time: 10 min.

Cook Time: 55 min.

Total Time: 1 h 5 min.

Ingredients:

olive oil
2 large sweet potatoes
½ cup broccoli florets, cooked and chopped
2 cups spinach, cooked and chopped
¼ tablespoon salt
½ tablespoon dried oregano
1 tablespoon mint leaves, garnish

Instructions:

1. Preheat the oven to 450 °F.
2. Grease a large oven-proof skillet with olive oil, put in the sweet potatoes and bake for 50-55 minutes.
3. Cool the cooked sweet potatoes, enough to handle them. Cut both ends so the sweet potatoes could sit like a cup, then cut midway cross-wise.
4. Carve out the flesh to make a cavity for stuffing.
5. Mix the carved out sweet potato flesh, broccoli florets and spinach and stuff into the sweet potato cups; season with salt and dried oregano.
6. Garnish with mint leaves and serve.



SALMON, SPINACH AND CHERRY TOMATO SALAD

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients

½ pound salmon fillet
2 lemons, juiced, divided
1 tablespoon dried thyme
1 tablespoon garlic powder
¾ tablespoon salt, divided
1 tablespoon pepper, divided
3 cups spinach, chopped
½ cup cherry tomatoes, halved
2 tablespoons olive oil

Instructions:

1. Preheat the oven to 425°F.
2. Wash and pat dry the salmon.
3. In a small bowl, combine half of the lemon juice, dried thyme, garlic powder, ½ tablespoon salt and ½ tablespoon pepper. Pour the mixture over the salmon and massage using your hands.
4. Line a baking sheet with foil, place the salmon on the baking sheet and cover with foil; bake for 15 minutes.
5. In a large salad bowl, add the spinach, cherry tomatoes, the remaining lemon juice, olive oil, and the remaining salt and pepper; toss to combine and then transfer to a serving plate.
6. Once the salmon is done, transfer it to the serving plate alongside the salad.



PAPAYA COCONUT WATER SMOOTHIE

Prep Time: 10 min.

Cook Time: 0 min.

Total Time: 10 min.

Ingredients:

1 cup coconut water
1 ¼ cups blueberries, divided
1 cup strawberries, sliced
2 cups papaya, cubed
4 ice cubes or ¼ cup crushed ice
¼ cup blueberries, garnish
mint leaves, garnish

Instructions:

1. In a blender, add the coconut water, 1 cup blueberries, strawberries, papaya and ice cubes.
2. Blend for 30-45 seconds.
3. Pour out into a serving bowl.
4. Top with the remaining blueberries and a few mint leaves, serve.



ROASTED SALMON WITH VEGETABLES

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients:

½ pound salmon fillet
¼ tablespoon salt
½ tablespoon paprika powder
olive oil
2 bell peppers, seeded and chopped
¼ of an onion, chopped
2 teaspoons cumin powder
2 cups kale, thinly sliced

Instructions:

1. Preheat the oven to 400°F.
2. Place the salmon on a foil lined baking sheet; season with salt and paprika powder. Massage so that the whole fillet gets coated. Bake for 15 minutes.
3. Meanwhile, over medium-high heat, grease a large skillet with olive oil; add the bell peppers and onion, season with cumin powder and cook for 3 minutes.
4. Then add the kale and cook for an additional 4 minutes.
5. Transfer to the serving plate alongside the cooked salmon and serve.



CHICKEN WITH LEMON ASPARAGUS

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients:

10 asparagus spears, ends trimmed and cut to pieces
1 lemon, juiced
 $\frac{3}{4}$ tablespoon salt, divided
olive oil
 $\frac{1}{2}$ pound boneless and skinless chicken breast, sliced
 $\frac{1}{2}$ tablespoon pepper
 $\frac{1}{2}$ tablespoon garlic powder
 $\frac{1}{2}$ tablespoon paprika powder

Instructions:

1. Preheat the oven to 450°F.
2. Coat the asparagus with lemon juice and $\frac{1}{4}$ tablespoon salt.
3. Grease a large baking sheet with olive oil and place the asparagus spears. Bake for 15 minutes.
4. In the meantime, coat the chicken with olive oil and season with pepper, garlic powder, paprika powder and the remaining salt.
5. Heat olive oil in a large skillet over medium heat; add the chicken, briefly stir-fry, cover and allow to cook for 10 minutes.
6. Transfer to a serving plate alongside the cooked asparagus, serve.



TOMATO OMELET

Prep Time: 10 min.

Cook Time: 6 min.

Total Time: 16 min.

Ingredients:

6 eggs
1 teaspoon salt
1 teaspoon pepper
olive oil
1 tomato, finely chopped
3 tablespoons mint leaves, chopped
1 teaspoon dried oregano, garnish

Instructions:

1. Break the eggs into a small bowl; season with salt and pepper and whisk.
2. Heat olive oil in a large skillet over medium-high heat and pour in the eggs. Move the skillet around gently so that the eggs get evenly cooked. This should take about 2 minutes.
3. Add the tomatoes and mint leaves to the half part of the omelet.
4. Close the omelet down the center, let cook for 2 minutes then alternate sides and cook for another 2 minutes.
5. Remove from heat and transfer to a serving plate; garnish with the dried oregano and serve.



CHICKEN, KALE AND AVOCADO SALAD

Prep Time: 15 min.

Cook Time: 12 min.

Total Time: 27 min.

Ingredients:

olive oil
½ pound boneless and skinless chicken breast, sliced
½ tablespoon salt, divided
1 tablespoon pepper, divided
2 avocados, diced
2 cups kale leaves, chopped
3 tablespoons mint leaves
½ of a lemon, juiced

Instructions:

1. Heat olive oil in a large skillet over medium heat and add the chicken pieces; season with ¼ tablespoon salt and ½ tablespoon pepper. Cover and let cook for 12 minutes.
2. In a large mixing bowl, combine the avocado, kale, mint and cooked chicken; pour the lemon juice and season with the remaining salt and pepper.
3. Toss to combine.
4. Transfer to a serving bowl and serve.



BAKED BROCCOLI AND SALMON

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

olive oil
½ pound salmon fillet
¼ tablespoon garlic salt
½ tablespoon pepper
2 cups broccoli florets, chopped

Instructions:

1. Preheat the oven to 350°F.
2. Grease a large baking sheet with olive oil. Place the salmon on the half part of the baking sheet; season with garlic salt and pepper.
3. Add the broccoli florets on the other half part.
4. Bake for 15 minutes.
5. Remove the salmon and transfer to a serving plate; place the baking sheet back in the oven and allow for the broccoli to bake for an additional 5 minutes.
6. Remove from heat and transfer next to the salmon and serve.



SALMON CARPACCIO

Prep Time: 15 min.

Cook Time: 0 min.

Total Time: 15 min.

Ingredients:

- 1 (4 ounce) package of thinly sliced smoked salmon
- 2 ½ tablespoons olive oil, divided
- 1 lemon
- ¼ tablespoon salt
- 2 cups arugula, for salad mix
- 1 small red onion, chopped
- 3 tablespoons mint leaves, garnish
- 1 cup arugula, topping
- ¼ cup capers
- ½ tablespoon pepper

Instructions:

1. Lay the salmon slices on a flat dish.
2. Drizzle with 2 tablespoons of olive oil and squeeze the lemon on both sides, then sprinkle with salt.
3. Line a serving plate with the 2 cups of arugula then place the salmon on top.
4. Garnish with chopped red onion, mint leaves, arugula and capers.
5. Season with pepper and drizzle with the remaining olive oil and serve.



AVOCADO EGG SALAD

Prep Time: 15 min.

Cook Time: 10 min.

Total Time: 25 min.

Ingredients:

6 eggs
2 avocados, diced
1 lemon, juiced
¼ tablespoon salt
½ teaspoon pepper
3 tablespoons mint leaves, garnish

Instructions:

1. Boil the eggs for 10 minutes.
2. Drain and run the eggs under cold water. Remove shells and run under cold water again to remove any excess shells.
3. Cut into cubes then place inside a large mixing bowl. Add the diced avocado.
4. Pour the lemon juice and season with salt.
5. Toss gently to combine.
6. Transfer to a serving bowl, sprinkle with pepper and garnish with mint leaves.



OVEN BAKED CHICKEN WITH ASPARAGUS

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

½ pound boneless, skinless chicken breast
olive oil
¼ tablespoon salt
½ tablespoon pepper
½ tablespoon garlic powder
½ tablespoon paprika powder
12 asparagus spears, trimmed and halved
1 lemon, juiced
½ tablespoon dried oregano, garnish

Instructions:

1. Preheat the oven to 450°F.
2. Coat the breast with 1 tablespoon olive oil and season with salt, pepper, garlic powder and paprika powder.
3. Grease a baking sheet with olive oil and place the chicken breast on it. Bake for 20 minutes.
4. Meanwhile, steam the asparagus for 5 minutes. Transfer to a serving plate and set aside.
5. Remove the cooked chicken from the oven, once cool to the touch, cut into slices.
6. Transfer to a serving plate next to the asparagus.
7. Drizzle with lemon juice and garnish with dried oregano. Serve.



ASPARAGUS AND KALE OMELET

Prep Time: 10 min.

Cook Time: 13 min.

Total Time: 23 min.

Ingredients:

6 eggs
1 teaspoon salt
1 teaspoon pepper
olive oil
4 asparagus spears, ends trimmed and minced
1 ½ cup kale leaves, chopped
1 teaspoon dried oregano, garnish

Instructions

1. Crack the eggs into a small bowl; season with salt and pepper, whisk and set aside.
2. Heat olive oil in a large skillet over medium heat. Add the asparagus and allow to cook for 7 minutes. Set aside.
3. In the same skillet, add a little more olive oil and pour the eggs; move the skillet gently so that the eggs cook evenly, about 2 minutes.
4. Add the asparagus and the kale to the half part of the omelet and close down the middle; cook for 2 minutes. Then alternate sides and cook for another 2 minutes.
5. Remove from heat and transfer to a serving plate.
6. Garnish with dried oregano and serve.



CHICKEN SALAD

Prep Time: 15 min.

Cook Time: 30 min.

Total Time: 45 min.

Ingredients:

½ pound boneless chicken breast
¼ of an onion, roughly chopped
2 cloves garlic, roughly chopped
1 cucumber, sliced
3 tablespoons olive oil
½ tablespoon salt
½ tablespoon pepper
1 cup spinach
1 avocado, cubed

Instructions

1. Bring a pot filled with water to a boil. Add the chicken, onion and garlic. Cover and cook for 30 minutes.
2. Cut cooked chicken to small pieces and transfer to a mixing bowl; add the cucumber.
3. Add the olive oil and season with salt and pepper; toss to combine.
4. Line a large serving plate with the spinach then layer on the chicken mixture.
5. Top using the avocado cubes and serve.



SALMON AND AVOCADO SALAD

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients:

½ pound salmon fillet
½ of an onion, chopped
2 limes, juiced
¾ tablespoon salt, divided
1 tablespoon dried oregano
1 large cucumber, cubed
1 tomato, halved
2 avocados, cubed
1 tablespoon olive oil
mint leaves, garnish

Instructions

1. Preheat the oven to 400°F.
2. Line a baking sheet with foil. Coat the salmon with the onion, lime juice, ½ tablespoon salt and dried oregano. Place in the lined baking sheet and bake for 15 minutes.
3. In the meantime, place the cucumber, tomato and avocados in a large mixing bowl; season with olive oil and the remaining salt. Toss to combine and transfer to a large serving plate.
4. Once the salmon is done, transfer alongside the salad.
5. Garnish with mint leaves and serve.



ARUGULA, SPINACH AND TOMATO OMELET

Prep Time: 10 min.

Cook Time: 5 min.

Total Time: 15 min.

Ingredients:

6 eggs
2 teaspoons salt
2 teaspoons pepper
olive oil
1 tomato, finely chopped
1 cup spinach, chopped
¼ cup arugula
3 tablespoons mint leaves, chopped, garnish

Instructions

1. Crack the eggs into a small bowl. Season with salt and pepper and whisk.
2. Heat olive oil in a large skillet over medium heat.
3. Pour the eggs; move the skillet around gently so that the eggs get evenly cooked. Once the eggs are set, add the tomato, spinach and arugula on the half part of the omelet. Close the omelet and let cook for 2 minutes, then flip sides and allow to cook for another 2-3 minutes.
4. Remove from heat and transfer to a serving plate.
5. Garnish with mint leaves and serve.



BROCCOLI, ASPARAGUS AND BERRY SALAD

Prep Time: 15 min.

Cook Time: 10 min.

Total Time: 25 min.

Ingredients:

8 asparagus spears, ends trimmed and cut into small pieces
2 cups spinach, chopped
1 cup broccoli florets, chopped
½ cup blueberries
½ cup strawberries
olive oil
¼ tablespoon salt
½ tablespoon pepper
2 tablespoons mint leaves, garnish

Instructions

1. Boil the asparagus for 10 minutes, drain and transfer to a large mixing bowl.
2. Add the spinach, broccoli, blueberries and strawberries to the bowl as well.
3. Drizzle with olive oil and season with salt and pepper. Toss to combine and transfer to a serving bowl.
4. Garnish with mint leaves and serve.



TILAPIA WITH CHERRY TOMATOES

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Ingredients:

olive oil
½ pound tilapia fillet
2 cloves garlic, minced
1 lemon, juiced
¾ tablespoon salt, divided
2 tablespoons pepper, divided
1 cup cherry tomatoes
2 tablespoons mint leaves, chopped

Instructions:

1. Preheat the oven to 400°F.
2. Grease a large baking sheet with olive oil. Coat the tilapia with the garlic and lemon juice; season with ½ tablespoon salt and 1 tablespoon pepper. Place on the half part of the baking sheet.
3. On the other half part, place the cherry tomatoes and sprinkle with the remaining salt and pepper. Bake for 15 minutes.
4. Remove from the oven and transfer to a serving plate.
5. Garnish with mint leaves and serve.



VEGETABLE EGG MUFFIN

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Ingredients:

8 eggs
1 cup kale, minced
1 cup spinach, minced
1 cup broccoli florets, minced
¼ of an onion, minced
¼ tablespoon salt
½ tablespoon pepper
olive oil

Instructions:

1. Preheat the oven to 350°F.
2. Whisk the eggs into a mixing bowl. Add kale, spinach, broccoli and onion; season with salt and pepper and mix.
3. Grease a muffin tin with olive oil.
4. Pour the eggs into the muffin tin containers.
5. Place in the oven and bake for 18-20 minutes.
6. Remove from the oven and let cool to the touch.
7. Scoop out the eggs from the tin to a serving plate.



BROCCOLI AND MUSHROOMS

Prep Time: 10 min.

Cook Time: 15 min.

Total Time: 25 min.

Ingredients:

olive oil
1 tablespoon ginger, minced
1 tablespoon garlic, minced
2 cups mushrooms
2 cups broccoli florets
1 teaspoon salt

Instructions:

1. Heat olive oil in a large skillet over medium-low heat.
2. Add the ginger and garlic to the skillet. Allow to cook for 2 minutes or until the ginger slightly browns.
3. Then add in the mushrooms, cover and cook for 8 minutes. Make sure to stir well and often so that neither garlic nor mushrooms burn.
4. Boil the broccoli florets in salted water for 5 minutes. Drain and transfer to a serving plate.
5. Transfer the cooked mushrooms to the same serving plate and serve.



GARLIC SALMON AND ZUCCHINI

Prep Time: 15 min.

Cook Time: 25 min.

Total Time: 40 min.

Ingredients:

olive oil
1 clove garlic, minced
½ tablespoon crushed red pepper flakes, for the vegetables
½ tablespoon crushed red pepper flakes
3 zucchinis, sliced
½ tablespoon salt
1 teaspoon pepper
½ tablespoon paprika powder
½ pound salmon fillet

Instructions:

1. Heat olive oil in a large skillet over medium-high heat, add the garlic and red pepper flakes. Stir-fry for 2 minutes.
2. Then add the zucchini and cook for 8 minutes. Transfer to a serving plate and set aside.
3. Preheat the oven to 400°F.
4. In a small bowl, combine salt, pepper, paprika powder, crushed red pepper flakes and 2 tablespoons olive oil. Whisk to combine.
5. Line a baking sheet with a large piece of foil, place the salmon and brush or massage it with the above mixture.
6. Cover the salmon with foil and bake for 15 minutes.
7. Remove from heat and transfer to the serving plate alongside the zucchini.



WEEK 1

NECESSARY STAPLES



Day 1 Breakfast:

olive oil
1 teaspoon salt
2 teaspoons pepper
2 teaspoons garlic powder

Day 1 Lunch:

olive oil
¼ tablespoon salt
½ tablespoon dried oregano

Day 1 Dinner:

2 tablespoons olive oil
¾ tablespoon salt
1 tablespoon pepper
1 tablespoon dried thyme
1 tablespoon garlic powder

Day 2 Breakfast:

None needed

Day 2 Lunch:

olive oil
2 teaspoons cumin powder
¼ tablespoon salt
½ tablespoon paprika powder

Day 2 Dinner:

olive oil
¾ tablespoon salt
½ tablespoon pepper
½ tablespoon garlic powder
½ tablespoon paprika powder

Day 3 Breakfast:

olive oil
1 teaspoon salt
1 teaspoon pepper
1 teaspoon dried oregano

Day 3 Lunch:

olive oil
½ tablespoon salt
1 tablespoon pepper

Day 3 Dinner:

olive oil
¼ tablespoon garlic salt
½ tablespoon pepper

Day 4 Breakfast:

2 ½ tablespoons olive oil
¼ tablespoon salt
½ tablespoon pepper

Day 4 Lunch:

½ teaspoon pepper
¼ tablespoon salt

Day 4 Dinner:

olive oil
¼ tablespoon salt
½ tablespoon pepper
½ tablespoon of paprika powder
½ tablespoon dried oregano
½ tablespoon of garlic powder

Day 5 Breakfast:

olive oil
1 teaspoon salt
1 teaspoon pepper
1 teaspoon dried oregano

Day 5 Lunch:

3 tablespoons olive oil
½ tablespoon salt
½ tablespoon pepper

Day 5 Dinner:

¾ tablespoon salt
1 tablespoon olive oil
1 tablespoon of dried oregano

Day 6 Breakfast:

olive oil
2 teaspoons salt
2 teaspoons pepper

Day 6 Lunch:

olive oil
¼ tablespoon salt
½ tablespoon pepper

Day 6 Dinner:

olive oil
¾ tablespoon salt
2 tablespoons pepper

Day 7 Breakfast:

olive oil
¼ tablespoon salt
½ tablespoon pepper

Day 7 Lunch:

olive oil
1 teaspoon salt

Day 7 Dinner:

olive oil
1 teaspoon pepper
½ tablespoon crushed red pepper flakes
½ tablespoon crushed red pepper flakes
½ tablespoon paprika powder
½ tablespoon salt



WEEK 1

GROCERY LIST



Produce:

- 1 small papaya
- 1 piece of ginger
- 1 garlic head
- 1 small red onion
- 2 small onions
- 2 limes
- 2 large sweet potatoes
- 3 tomatoes
- 3 zucchinis
- 7 avocados
- 2 large cucumbers
- 8 lemons
- 4 bell peppers
- 1 small bag of arugula leaves
- 1 bag of spinach
- 2 bags of kale
- 1 large bag of asparagus
- 1 container of mint leaves
- 1 container of mushrooms
- 1 container of cherry tomatoes
- 1 container of strawberries
- 1 large container of blueberries
- 1 head of broccoli

Refrigerated:

- 36 eggs

Seafood:

- 1 (1 pound) package of smoked salmon
- 1 pound of shrimp
- 1 pound of salmon

Meat & Poultry:

- 2 pounds of chicken breast, skinless, boneless

Canned & Packaged:

- 1 (4 ounce) can of coconut water
- 1 jar of capers

Miscellaneous:

- muffin tins
- spatula
- tongs
- large skillets
- saucepans
- baking sheets
- mixing bowls
- serving bowls
- serving plates
- foil
- salad bowl

