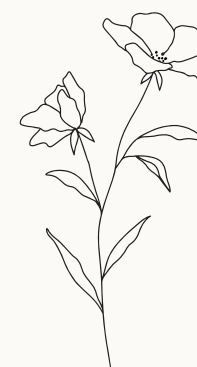




SOPHIE COLLINS FIVE DAY RESET

# Grocery List



## TIPS:

- Buy organic whenever possible
- Keep nuts in the fridge to keep them fresh
- Make nut milk to order (ie: wait until you run out)
- Fill a glass with cold water and add the stems of your herbs to store in the fridge

## PRODUCE:

- 5 Lemons
- Box of mixed greens to add to lighter meals for added greens (can do this with any meal!)
- 1 box spinach
- 1 box arugula
- 1 bag mini persian cucumbers
- 3 long english cucumbers
- 1 bunch celery
- 1 large piece of ginger
- 1 bunch of mint
- 3 white onions
- 1 jalapeno
- 2 bunches of parsley
- 2 bunches of cilantro
- 2 bunches of basil
- Baby bok choy
- Mushrooms
- 4 avocados
- 2 heads of garlic
- 5 zucchinis
- 3 heads of broccoli
- 1 fennel bulb
- 1 head of kale
- 1 pint of cherry tomatoes
- 5 roma tomatoes
- 1 lime
- 1 red pepper
- 1 yellow pepper
- 1 head of asparagus
- 1 head of cauliflower
- 1 bunch of carrots
- 1 head of green cabbage (optional - for shredding into fish tacos)
- 1 red onion (optional - for pickled red onions in fish tacos)
- Pint of berries (optional - to top breakfast bowl)

## SUPPLEMENTS:

- Vanilla Protein Powder  
(I like Ancient Nutrition - code sophiecollins)
- Chocolate Protein Powder  
(I like Ancient Nutrition - code sophiecollins)
- Coconut Creamer Collagen  
(You can use my code SCOLLINS at Project Skin MD)

## PANTRY:

- 1c almonds
- ¼ cup pine nuts
- 1c cashews
- 1c hemp Hearts
- 1 bag chia seeds
- Small bag of sesame seeds (optional to top cauliflower rice salmon bowl)
- Ground flax
- 1 jar coconut oil
- 1 bottle olive oil
- 1 bottle avocado oil
- 2 x 14 oz. cans Chickpeas
- Almond butter
- Coconut aminos
- Sesame oil
- Dried Apricots
- Olives
- Healthy crackers (I love Eve's)
- Grain free tortillas (I like Siete)
- Avocado mayo (optional - for aioli in fish tacos)
- Sriracha (optional - for aioli in fish tacos)
- Red wine vinegar (optional - for pickled red onions in fish tacos)
- Maple syrup (optional - for pickled red onions in fish tacos)
- Cacao nibs (optional - to add to Cacao Mint Smoothie)
- Qi'a buckwheat, chia and hemp cereal (or just buy buckwheat for warm breakfast bowl)
- Dried goji berries (optional - to top breakfast bowl)
- Brazil nuts (optional - to top breakfast bowl)
- Shredded coconut (optional - to top breakfast bowl)
- Dark chocolate (optional - if you have a sweet tooth!)
- 1-2 bottles of wine ;)

## SPICES:

- Pink Himalayan sea salt
- Maldon sea salt (for topping)
- Kosher salt (for cooking)
- Chili powder (bonus if you can find Indian chili powder)
- Ceylon Cinnamon
- Red pepper flakes
- Cumin
- Pepper

## REFRIGERATED:

- 3 containers nut milk (unsweetened vanilla is my preference if you are not making yourself)
- Coconut water
- 4 cups bone broth
- 2 dozen eggs
- Kimchi
- Healthy dip (hummus, spread 'em, tzatziki if you are not sensitive to dairy)

## FROZEN:

This is more than you need but hopefully after doing this reset you'll want to continue with our healthy morning routine!

- Small bag of frozen blueberries
- Small bag of frozen strawberries
- 3 bags Frozen Spinach (or buy fresh and freeze)

## PROTEIN:

- 4 halibut filets
- Flank steak to feed 2
- 2 filets salmon
- Turkey pepperoni

Spud (Vancouver) code:  
\$20 off: CRVAN-COLSOP

Legends Haul Code:  
10% off: SC10