

SHOPPING LIST from Whole Foods and delivered to my house by Instacart

Produce Section

Organic Girl mixed greens pre-washed
Organic romaine lettuce, heads
2 English cucumbers (most kid friendly)
Zoodles, packaged spiraled zucchini noodles
Yellow onion
8 oz sliced mushrooms
3 avocados
Fresh salsa
4 broccoli heads
2 organic apples

Meat

2 packages of 1 lb each grass-fed 95% lean beef
Bell and Evans gluten-free chicken tenders (frozen)

Frozen

Organic shoestring fries
Frozen Haricot Verts green beans

Aisles

Annie's organic grass-fed macaroni and cheese
Rudi's Spelt tortillas
Kosher shredded cheddar cheese

Salad bar

4 boiled eggs
4 cups of mixed raw rainbow colored vegetables already sliced