

7 Day #FierceFuel Challenge- Shopping List

Along with your regular groceries, make sure you have these ingredients on hand this week.

Produce

- 8-10 carrots
- 2 medium bunches kale
- 3 onions
- fresh parsley
- 2 lemons
- 2 apples
- fresh or frozen berries
- Fresh or frozen pineapple
- 1 avocado
- 1-2 bananas

Fish

- whole branzino- cleaned or your fave wild fish

Oils

- coconut oil
- olive oil (extra virgin)

Seeds/ Nuts

- chia seeds
- almonds
- hemp seeds
- shredded coconut (unsweetened)



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Milk

- unsweetened almond milk
- 1 can coconut milk

Salt/ Spices

- salt
- pepper
- herbs de provence
- garam masala, curry powder, or cumin
- turmeric

Sweeteners

- raw honey



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