



Sample Grocery List

Meat/Fish:

- 16 oz chicken cutlets
- 4-6 oz salmon filets
- 2 lbs. boneless skinless chicken breasts
- 1 lb. boneless skinless thighs (for lentil bowls)
- 1 lb. lean ground beef (grass-fed for those amino acids)
- 1 lb. ground turkey

Produce:

- 1 box Spinach
- 1 yellow onion
- 1 red onion
- 1 bunch fresh Basil
- 1 bunch fresh cilantro
- 3 green onions
- 2 jalapenos
- 1 bunch bananas
- Fruit for breakfasts and snacks (your choice!)
- Fresh garlic
- 2 lemons
- 2 limes
- 1 English cucumber
- 1 pint cherry tomatoes
- 1 lb. red potatoes
- 3 large, sweet potatoes
- 1 lb. fresh green beans
- 2-3 crowns of broccoli

- Baby carrots (optional for snacking)
- 1 bell pepper
- 1 bag of avocados (not ripe, these are for Saturday)

Refrigerated/Frozen

- 12 eggs
- Preferred milk (almond milk is my choice)
- Feta cheese crumbles
- Sliced provolone cheese
- Slice deli turkey meat (I like the brand Applegate)
- 2-3 Siggis Greek yogurts (you only need 1 for overnight oats, but you might want extra for snacks)
- Cottage cheese (optional for snacks)
- Cold brew coffee
- Hummus (optional for snacks)
- 3 bags of frozen cauliflower rice

Pantry:

- Sun Dried tomatoes
- Sun Dried tomato paste
- Gluten-free rolled oats
- Chia seeds
- Quinoa
- Brown rice
- Peanut butter or almond butter (you can substitute either one)
- Cinnamon
- Chocolate protein powder (TIU is a great option and I know you love them!)
- Rosemary
- Oregano
- Chili powder
- Onion powder
- Garlic powder
- Crushed red pepper
- Cumin

- Turmeric
- Spicy seasoning mix (Cajun will work great)
- Pitted kalamata olives
- Italian dressing
- 2-14 oz cans black beans
- Salsa or Pico optional
- 3 cups salsa Verde
- 3 cups chicken broth
- Pumpkin seeds, sunflower seeds and almonds are all optional for snacking
- Tortillas for turkey wraps (I like the brand Siete Foods, Caulipower, or Mission has a "Carb Balance")
- Dried lentils (brown)