Shopping List

Dozen eggs

Tub of baby spinach

Bag of precut broccoli or broccoli crowns

Tub of spring mix

Red bell pepper

Green onion

Cilantro

Zucchini

Cherry tomatoes

Strawberries, blueberries, kiwi, oranges, bananas, apples

Avocados

Sweet Potatoes/Yams

Quinoa

Chick peas (garbanzo beans)

Corn tortillas

Steel Cut Oats (instant from Trader Joe’s is good option)

Fat free refried beans

Whole wheat penne pasta

Walnuts

Almonds

Rotisserie chicken

Sirloin steak

Ground turkey

Turkey tenderloins

Hot sauce

Balsamic vinegar

All natural peanut butter (ingredients should read “Peanuts” and nothing else)

All natural almond butter (optional)