

Grocery List

VEGETABLES

- ☐ Bell peppers (8-10)
- ☐ Spinach (7 cups)
- ☐ Kale (3 cups)
- ☐ Broccoli (3 cups)
- ☐ Carrots (5 medium)
- ☐ Zucchini (3 medium)
- ☐ Cherry tomatoes (2 cups)
- ☐ Onions (3 medium)
- ☐ Celery (2 stalks)
- ☐ Snap peas / green beans (1 cup)
- ☐ Brussels sprouts (1 cup)
- ☐ Asparagus (1 cup)
- ☐ Eggplant (1 medium)

FRUITS

- ☐ Apples (4-5)
- ☐ Banana (4)
- ☐ Berries (2 cups)
- ☐ Grapes (1/2 cup)
- ☐ Pineapple (1/2 cup)
- ☐ Avocados (6-7)
- ☐ Lemon / lime (3-4)

GRAINS & LEGUMES

- ☐ Quinoa (3 cups cooked)
- ☐ Brown rice (2 cups cooked)
- ☐ Whole-grain bread (4 slices)
- ☐ Whole-grain tortillas (3-4)
- ☐ Black beans (1 cup)
- ☐ Lentils (1.5 cups cooked)

Grocery List

PROTEINS

- ☐ Eggs (10-12)
- ☐ Chicken breast (600g)
- ☐ Salmon fillets (350g)
- ☐ Lean beef (150g)
- ☐ Turkey breast / ground turkey (225g)
- ☐ Shrimp (150g)
- ☐ Firm tofu (450g)
- ☐ Cottage cheese (2 cups)
- ☐ Greek yogurt (2 cups)
- ☐ Protein powder (7 scoops)
- ☐ Falafel (optional, 150g)

OPTIONAL FLAVORINGS

- ☐ Garlic, ginger, chili powder, paprika, cumin
- ☐ Salt & pepper
- ☐ Balsamic vinegar, Dijon mustard, lemon juice

HEALTHY FATS & EXTRAS

- ☐ Olive oil (5 tsp)
- ☐ Almond butter (2 tbsp)
- ☐ Nuts (3 handfuls)
- ☐ Seeds (2 tbsp)
- ☐ Hummus (5 tbsp)
- ☐ Tahini / dressing (optional)
- ☐ Low-sodium soy sauce (2 tbsp)