



GROCERY LIST

FRUITS & VEGETABLES

- Brussel sprouts
- Baby spinach
- Kale
- Cauliflower
- Avocados
- Organic lemons
- Sweet potatoes
- Bananas
- Strawberries
- Blueberries
- Oranges
- Organic apples
- Carrots
- _____
- _____

PROTEIN

- Wild caught salmon or cod
- Lean ground meat or tofu
- Lean/grass-fed beef
- Turkey breast
- Boneless skinless chicken breast
- _____
- _____

GRAINS

- Quinoa
- Farro
- Brown rice
- Oats
- Barley
- Freekeh
- _____
- _____

FROZEN

- Frozen organic mixberries
- Frozen green beans
- Frozen veggies
- Frozen broccoli
- _____
- _____

DAIRY & EGGS

- Organic free-range eggs
- Aged cheddar
- Low-fat cottage cheese
- Organic cheese sticks
- Sheep's milk ricotta
- Coconut or oat milk
- Vanilla greek yogurt (low sugar)
- _____
- _____

SNACKS

- Popcorn
- Hummus
- Dark chocolate
- Dried fruit
- _____
- _____

PANTRY ITEMS

- Organic virgin coconut oil
- Organic olive oil
- Apple cider vinegar
- Sea salt
- Local honey
- Dijon mustard
- Almond butter
- Organic jar of sauce
- Canned peaches
- Canned tomatoes
- Canned tuna
- Canned pumpkin puree
- Canned organic barbanzo beans
- Canned organic black beans
- Spelt noodles
- Quinoa noodles
- Rice noodle
- Chia seeds
- Flax seeds
- Hemp seeds
- Pumpkin seeds
- Flour
- Lentils





WEEKLY MEAL PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

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