

Shopping List

Day 1 and 2

produce

- Salad mix
- Taco salad
 - Lettuce
 - Tomato
 - onion
- Asparagus
- Berries
- Apples
- Grapefruit
- Grapes

dairy

- Plain greek yogurt
- Parmesan cheese
- Fat free sour cream
- Cottage cheese
- Eggs

meats

- Chicken breast for grilling (2 meals worth)
- Turkey burgers
- Ground turkey

others

- Green tea (bags or pre-made)
- Sugar free jam
- Stir-fry vegetables
- Steamable broccoli
- Low sodium soy sauce
- Oil and vinegar for dressing