

Shopping List

Day 11 and 12 (you may have some things leftover from previous days)

produce (fresh or frozen)

- Lettuce
- Cucumbers
- Tomatoes
- Berries
- Plum
- Apple
- Peaches
- Lemons
- Broccoli
- Bell peppers
- Cabbage
- Spinach
- Carrots

dairy

- Plain greek yogurt
- Cottage cheese
- Kefir
- Eggs
- Fat free cheese

meats

- Chicken breast for grilling
- Ground turkey
- Tilapia
- Turkey burgers
- Turkey sausage

others

- Green tea (bags or pre-made)
- Sugar free jam
- Fat free dressing