

Shopping List

Day 3 and 4 (you may have some things leftover from day 1 and 2)

produce

- Salad mix
 - Spinach
 - Cucumbers
 - Carrots
 - Tomatoes
- Berries
- Apples
- Grapefruit
- Grapes
- Oranges
- Cabbage
- Lemons
- Carrots
- Celery

dairy

- Plain greek yogurt
- Parmesan cheese
- Cottage cheese
- Eggs

meats

- Chicken breast for grilling (2 meals worth)
- Tuna
- Turkey bacon
- Chicken for chicken salad (or a healthy pre-made if you can find one)

others

- Green tea (bags or pre-made)
- Sugar free jam
- Low sodium soy sauce
- Lowfat Ranch
- Low Carb Marinara (I really like the Carbone brand)