

Shopping List

Day 5 and 6 (you may have some things leftover from day 1-4)

produce (fresh or frozen)

- Salad mix
 - Lettuce
 - Cucumbers
 - Onions
 - Tomatoes
 - Mushrooms
- Berries: Strawberries/Blueberries
- Peaches
- Grapes
- Lemons
- Green beans
- Carrots
- Cabbage
- Okra
- Turnip greens
- Cucumber salad: cucumbers, onions, tomatoes
- Bell pepper
- Garlic

dairy

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

meats

- Tilapia
- Chicken breast for grilling
- Ground Turkey (2 meals)
- Turkey bacon

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)
- Vinegar for cucumber salad
- Agave nectar
- Cinnamon
- Chicken stock