

Shopping List

Day 7 and 8 (you may have some things leftover from previous days)

produce (fresh or frozen)

- Salad mix
 - Lettuce
 - Cucumbers
 - Onions
 - Tomatoes
 - Mushrooms
- Berries
- Pears
- Apples
- Grapes
- Lemons
- Green beans
- Broccoli
- Carrots
- Celery
- Bell pepper
- Cabbage
- Spinach
- Garlic

dairy

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

meats

- Tuna
- Chicken breast for grilling
- Salmon
- Turkey sausage
- Turkey meatballs

others

- Green tea (bags or pre-made)
- Sugar free jam
- Lowfat Ranch
- Low Carb Marinara (I really like the Carbone brand)
- Agave nectar
- Cinnamon