

# Shopping List

*Day 9 and 10 (you may have some things leftover from previous days)*

## produce (fresh or frozen)

- Lettuce
- Cucumbers
- Onions
- Tomatoes
- Berries
- Strawberries
- Apple
- Peaches
- Lemons
- Broccoli
- Carrots
- Asparagus
- Mushrooms
- Garlic

## dairy

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

## meats

- Chicken breast for grilling
- Turkey sausage
- Turkey bacon
- Deli turkey
- Turkey burgers

## others

- Green tea (bags or pre-made)
- Sugar free jam
- Fat free dressing
- Low Carb BBQ sauce