

Grocery List

Vegetables/ Fruits	Refrigerator (Dairy, Eggs, Meat, Fish)
<input type="checkbox"/> 1 head butter lettuce or leaf lettuce <input type="checkbox"/> 1 bag raw spinach <input type="checkbox"/> 1 garlic, head or 1 jar, minced garlic <input type="checkbox"/> 2 avocados <input type="checkbox"/> 1 fresh cilantro bunch <input type="checkbox"/> 1 red onion <input type="checkbox"/> 1 celery stalk <input type="checkbox"/> 1 strawberry carton <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> 1 rotisserie chicken <input type="checkbox"/> 1 bag low fat shredded cheese <input type="checkbox"/> 1 non-fat/low fat Greek yogurt, large container <input type="checkbox"/> 1 dozen eggs <input type="checkbox"/> 1 container ham slices <input type="checkbox"/> 1 bag low fat string cheese <input type="checkbox"/> 1 container or ~5 containers light/ no sugar added Greek yogurt (favorite flavor/s) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Canned/ Dry foods (Grains, Bread, Beans, Nuts, Seeds)	Drinks (Protein Shake, Water Enhancers)
<input type="checkbox"/> 1 can green chilies <input type="checkbox"/> 1 small bag sliced almonds <input type="checkbox"/> Quick Cook or Old Fashioned Oats <input type="checkbox"/> 1 jar natural peanut butter (w/o hydrogenated oils) <input type="checkbox"/> 1 box/ container whole wheat/grain crackers <input type="checkbox"/> 1 loaf 45 calorie multigrain bread <input type="checkbox"/> 1 bag small corn tortillas or low carb tortilla <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> 8 protein shakes OR 1 container protein powder <input type="checkbox"/> Unflavored protein powder (if desired) <input type="checkbox"/> 3 Protein bars <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Seasonings/ Condiments	Other
<input type="checkbox"/> dried thyme <input type="checkbox"/> dried basil <input type="checkbox"/> Cinnamon <input type="checkbox"/> Frank's Hot Sauce <input type="checkbox"/> Greek yogurt ranch packet <input type="checkbox"/> Olive oil <input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Salsa <input type="checkbox"/> Chili powder <input type="checkbox"/> Garlic powder <input type="checkbox"/> onion powder <input type="checkbox"/> crushed red pepper flakes <input type="checkbox"/> dried oregano <input type="checkbox"/> paprika <input type="checkbox"/> sea salt or iodized salt	<input type="checkbox"/> Sugar free water enhancer of choice <input type="checkbox"/> Herbal/ decaf tea/ decaf coffee (if desired) <input type="checkbox"/> Sugar substitute packets <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Personal	Household
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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