

GROCERY LIST WEEK 1

Fruits

- 1 Apple
- 1 Bananas
- 1 Cup berries (blueberries, strawberries, raspberries)
- 1 Small mini watermelon

Veggies

- 2-3 tbs Bell peppers
- 1 Avocado
- 1 lb Green beans
- 1 Yellow onion
- 1 lb Potatoes
- 2 Carrots
- 3 Persian cucumber
- 1 Lemon
- 1 Lime

Grains

- 3 Slices sandwich bread
- 2-4 Bread rolls
- 1 ½ Cups oats
- 1 Package angel hair pasta
- 1 Cup panko breadcrumbs
- 1 ¾ Cups self-rising flour

Dairy

- ¾ Cup almond milk
- 2 Cups Greek yogurt
- 2 Cups shredded mozzarella cheese
- ¼ Cup parmesan cheese
- 4oz Feta cheese

Protein

- 7 Eggs
- 1 lb Ground beef
- 4 Salmon filets

Pre-packaged

- 2 Tbs peanut butter
- 4 Cups Rao's pasta sauce
- ½ Cup pizza sauce (or use leftover Rao's pasta sauce)
- ¼ Cup apple sauce
- Pizza toppings (pepperoni, mushroom, olives, etc.)

Herbs/Spices/Baking Supplies

- ¼ Cup coconut flakes
- 3-4 Mint sprigs
- Cinnamon
- Baking powder
- Olive/avocado oil
- Garlic powder
- Paprika
- Lemon pepper
- Black pepper
- Italian seasoning
- Onion powder