

# Grocery Shopping List

## PRODUCE

Bell Pepper (any color) - 2 large  
Yellow Onion - 1 large  
Tomato - 2  
Cucumber - 1  
Basil - 1/8 cup fresh  
Avocado - 1  
Banana - 1 small  
Fresh Berries (your choice) - 1/2 cup  
Salad Greens - 6 1/2 cups  
Apple - 2 small  
Orange - 2 small  
Broccoli - 1 small crown

## CANNED GOODS

Old Fashioned Oats - 1 cup  
Chia Seeds - 2 tbs  
Honey or Maple Syrup - 1 tbs  
Vanilla Extract - 1/2 tsp  
Garlic Powder - 1/8 tsp  
Corn or Whole Wheat Tortilla - 2 large  
Quinoa - 1/4 cup uncooked  
Salsa - 1/2 cup  
Marinara - 1/3 cup  
Dried Oregano - 1/4 tsp  
Brown Rice - 1 cup uncooked  
Peas - 1/2 cup frozen  
Soy Sauce - 2 tbs  
Oil (olive or coconut) - 1/2 cup  
Balsamic Vinegar - 1/3 cup  
Bread - 1 slice  
Frozen Edamame - 2 cups  
Cinnamon - 1/4 tsp  
Nuts (your choice) - 1/4 cup  
Cooking Spray

## DAIRY

Milk (of your choice) - 1 cup  
Low Fat Greek Yogurt - 1/2 cup + 2 tbs  
Eggs - 6  
Shredded Cheese (any kind) - 1/2 cup  
Mozzarella Cheese - 1 slice (1 oz)

## MEAT, POULTRY, FISH

Chicken Breasts - 3 (approximately 6 oz each)  
Pork tenderloin (or chicken breast, if desired) - 6 oz

