



GROCERY LIST

- SPINACH OR KALE
- CHERRY TOMATOES
- BABY CARROTS
- SWEET PEPPERS
- BLUEBERRIES
- LEMONS
- APPLES
- STRAWBERRIES
- BANANAS
- HUMMUS
- AVOCADOS
- LIGHT STRING CHEESE
- GOAT CHEESE
- EGGS
- CHICKEN BREASTS
- TUNA PACKETS
- RAW ALMONDS OR CASHEWS
- BROWN RICE OR QUINOA
- VANILLA OR PLAIN GREEK YOGURT

STAPLE ITEMS

OLIVE OIL
BALSAMIC VINEGAR
CHICKEN BROTH
GARLIC
OLIVE OIL SPRAY
CASHEW MILK
PEANUT BUTTER



