

SUMMER SWEAT series

Grocery List | Week 6

Note: you might have leftover ingredients from last week, double check before you go to the grocery store.

Vegetables

- 4 stalks of kale
- Bag of baby spinach (you'll use 1 cup)
- Red onion (¼ cup, diced)

Fruit

- Frozen blueberries (½ cup)
- Frozen strawberries (cup)
- 1 banana
- 1 pint of blueberries
- 1 pint of strawberries
- 1 fresh pineapple
- Fresh pineapple juice (¼ cup)
- 1 lemon
- 2 limes
- optional, for salmon if desired

Dairy

- Carton of almond milk (you'll use 1 cup)
- Eggs
- 1 (6 oz) container of your favorite low-sugar greek yogurt

Meat

- 1 lb salmon
- 2 boneless skinless chicken breasts

Grains

- 1 package of Quinoa

Baking Supplies

- Brown sugar or coconut sugar (¼ cup, packed)

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Pantry Staples

- Honey
- Soy sauce
- Dijon mustard
- Toasted sesame oil
- Olive oil
- Red pepper flakes
- Chia seeds

Canned Goods

- Can of lite coconut milk (you'll use 1 cup)

Nuts and Seeds

- Slivered almonds or regular almonds (¼ cup)
- Poppy seeds (1 tsp)

Herbs

- Cilantro (¼ cup)
- Fresh ginger (1 tsp)
- Garlic