

SUMMER SWEAT series

Grocery List | Week 4

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

Vegetables

- 2 bunches kale, destemmed and chopped (6-8 cups)
- 2-3 large romaine hearts
- 1 red bell pepper
- 1 orange bell pepper
- 1 yellow bell pepper
- 1 cup shredded carrots
- ½ red onion
- ½ yellow onion
- Broccoli florets (6 cups)
- 5 sweet potatoes
- Grape tomatoes (1 cup)
- Sweet corn (1 cup)
- Sprouts (¼ cup)
- 2 avocados

Grains

- 1 package of quinoa (2 cups, cooked)
- 8 oz whole grain rigatoni
- gluten-free if desired
- Brown rice (1 cup, cooked)
- Breadcrumbs (¼ cup)
- gluten-free if desired
- Popcorn kernels (¼ cup)

Dairy

- Container of feta cheese (1 cup)
- Container of parmesan cheese (¼ cup)
- Container of cottage cheese (¼ cup)
- 1 carton of almond milk
- 2 eggs
- Vanilla greek yogurt (½ cup) or you can use 1 (6oz) container of vanilla greek yogurt
- 3 individual (6 oz) containers of your favorite low-sugar greek yogurt

Meat

- 6-8 oz grilled chicken breast
- 4 (4 oz) tilapia filets
- 1 pound lean ground turkey (aim for 94-95%)

Fruit

- 2 pints of strawberries
- 4 lemons
- 2 bananas
- 1 apple

Baking Supplies

- Rolled oats (2 cups)
- Dark chocolate chips
- ½ packet of ALOHA Berry Daily Good
- Vanilla Extract
- Cinnamon
- Coconut oil

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Pantry Staples

- Honey
- Salt and pepper
- Apple cider vinegar
- Italian seasoning
- Cumin
- Garlic powder
- Cayenne powder
- Chia seeds
- Baking powder

Canned Goods

- 2 (15 oz) cans of fire roasted tomatoes
- Tomato sauce (1 cup)
- Tomato paste (2 tbsp)

Nuts and Seeds

- Crushed almonds (½ cup)
- Almond meal (½ cup) or you can use more crushed almonds
- Whole roasted almonds (½ cup)
- Almond butter (4 tbsp)
- Hemp seeds (1 tsp)

Herbs

- Fresh Cilantro (½ cup)
- Parsley (¾ cup)
- Fresh Basil
- Garlic
- Dried Oregano