

# 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

- 1 eggplant
- Handful of radishes
- 2 red bell peppers
- 2 bags of spinach (~7 cups)
- 1 zucchini
- 10 oz. baby portobello mushrooms
- Container of grape tomatoes
- 1 yellow onion
- 1 red onion
- 3 large carrots
- 1 small head purple cabbage (2 cups)
- Package of mini romaine heads (or any kind of lettuce)
- 7 sweet potatoes
- 2 large heads of broccoli
- Jar of pitted kalamata olives

### Fruit

- Dozen bananas
- Carton of raspberries
- Carton of strawberries
- Carton or bag of pitted medjool dates
- 2 avocados
- Bag of frozen blueberries
- Bag of frozen strawberries
- 1 apple
- 2 lemons
- 2 limes
- Bag of dried cherries (1 cup)

### Proteins

- 1 pound of pre-cooked shrimp, tails off
- 2 pounds lean ground chicken (or sub lean ground turkey)
- 1/2 pound lean ground turkey
- 1 pound boneless skinless chicken breasts
- 2 small cans of tuna
- 1/2 dozen eggs

### Grains

- Brown rice (1 cup)
- 4 slices of sprouted or gluten-free bread
- Package whole grain tortillas

### Dairy

- 2 large cartons of almond milk
- Medium container of greek yogurt
- Parmesan cheese (1 tablespoon)
- Fresh mozzarella (¾ cup)
- Crumbled Feta (¼ cup)

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### Baking Supplies

- White whole wheat flour
- Coconut flour
- Peanut flour (3 tablespoons)
- Old fashioned rolled oats
- Coconut oil
- Honey
- Maple syrup
- Chia seeds
- Cinnamon
- Vanilla extract
- Vanilla protein powder
- Cocoa powder
- Chocolate chips (dairy free if desired)
- 2 (3.5 oz) dark chocolate bars (vegan if desired)

### Pantry Staples

- Salt + pepper
- Garlic powder
- Olive Oil
- Cumin
- Chili paste
- Sriracha
- Soy sauce
- Sesame oil
- Ground ginger
- Rice vinegar
- Dried oregano
- Dried basil
- Coffee (½ cup brewed)

### Canned Goods

- 2 cans chickpeas
- 1 (15 oz) can of diced tomatoes

### Nuts & Seeds

- Jar of natural peanut butter
- Small container of roasted almonds
- Small container of roasted peanuts

### Herbs

- Garlic
- Bunch of cilantro
- Small bunch of basil
- Package of chives