MONTHLY GROCERY LIST

- SHANNONMEINFITNESS -

FRUITS:

- Bananas
- Apples
- Berries (blue, rasp, black, etc.)
- Kiwis
- Pineapple
- Melons
- Frozen Berries for smoothies if need be
- Lemons
- Tomatoes
- Avocados

VEGGIES:

- Spinach
- Kale
- Broccoli
- Green Beans
- Squash/Zucchini
- Onions
- Carrots
- Garlic
- Cucumbers
- Mushrooms
- Bell Peppers
- Cauliflower
- Sweet Potatoes/Potatoes

DAIRY:

- Low Fat/Fat Free Milk

OR

- Dairy Alternative (Almond, Cashew, Oat, Etc.)
- Greek Yogurt
- Eggs
- Egg Whites
- Cottage Cheese
- Cheese (occasionally)

MEATS:

- Lean Ground Turkey
- Deli Meats
- Chicken (Breasts are better)
- Salmon/Tilapia
- Turkey Jerky
- Venison
- Beef & Pork (occasionally)
- Sub: Tofu

PACKAGED:

- Hummus
- Salsa
- Natural Peanut Butter/Nut Butters
- Honey
- Chia Seeds
- Coconut Aminos
- Olive Oil Mayo
- Maple Syrup
- Cinnamon
- Olive Oil/Coconut Oil

SNACKS:

- Rice Cakes
- Nuts (almonds)
- Dave's Killer bread (or any whole grain bread)
- Naan Bread
- Protein Bars/Protein Powder
- Dark Chocolate
- Pop Corners