

# Grocery List

## Fresh Fruits

- Berries
- Bananas
- Melons
- Apples
- Mangoes
- Grapes
- Pineapple
- Cuties
- Avocado
- Other

## Dairy

- Eggs
- Liquid Egg Whites
- Kerry Gold Butter
- Greek Yogurt
- Low Moisture Mozzarella Cheese
- String Cheese

## Meat/Fish

- Flank Steak
- Lean Ground Turkey
- Organic Chicken Breast
- Ground Bison
  - Lean cuts of beef (grass fed)
- Cod or Swai Filets
- Salmon
- Shrimp
- Tuna Fish
- Applegate Farms
  - Lunch Meats
  - Turkey Bacon
  - Corn Dogs
  - Chicken Nuggets

## Bulk Items:

- Meats & Fish
- Fresh Fruits & Veggies
- Snack Items

## Fresh Veggies

- Celery
- Broccoli
- Asparagus
- Carrots (baby)
- Cucumbers
- Spaghetti Squash
- Lettuce
- Bell Peppers
- Sweet Potatoes
- Onions
- Spinach
- Sugar Snap Peas
- Lettuce Scoops

## Packaged Items

- Quinoa
- Latortilla Factory Low Carb Tortillas
- Old Fashioned or Steel Cut Oats
- Wholly Guacamole Cups
- Pico de Gallo
- Unsweetened Applesauce
- Organic popcorn kernels
- Whole Wheat Sandwich Thins
- Orowheat Healthfull Bread
- Ezekial Bread
- All Natural PB/Almond Butter
- PB2
- Corn Tortillas
- Almond or Cashew Milk

## Snacks

- Almonds/Cashews/Walnuts (unsalted)
- Veggie Straws
- Natural Beef Jerky
- Larabar
- Skinny Pop Popcorn

## Money Saving Tips:

Purchasing in bulk is more cost effective if you have the storage space & will be using the fresh items before they spoil. Also, you can portion your own items saving money on those 'perfectly portioned' snack packs..