**Grocery List**

This is a list that will encompass the entire meal plan. You can break it up into weeks based on how much you will eat with your family if that applies.

Make sure you are prepared for the week; this is critical to your success.

The big issue with the “holiday season” is that we are all busy. This is more of a reason to plan ahead and be prepared.

Protein:

* Skinless boneless chicken breasts
* Ground beef or Turkey
* Whole Chicken
* Fresh Tuna or Tuna in the can
* White Fish
* Smoked Deli Turkey
* Eggs
* Turkey Breast (fresh)
* Turkey Bacon
* Center Cut Pork Chops
* Pork Tenderloin
* Shrimp or other shellfish
* Lean Steak
* Salmon

Veggies:

* Romaine Lettuce
* Iceberg lettuce (or mixes)
* Carrots
* Cucumber
* Avocado
* Spaghetti Squash
* Tomatoes
* Onions
* Peppers
* Squash
* Zucchini
* Butternut Squash
* Broccoli
* Green Beans
* Cilantro
* Jalapeno
* Red Peppers
* Brussels Sprouts
* Cauliflower
* Garlic
* Asparagus

Fruit:

* Strawberries
* Bananas
* Apples
* Raspberries
* Blueberries
* Grapefruit
* Mangos
* Kiwi
* Lime
* Lemon

Starches:

* Sweet potatoes
* Ezekiel Bread
* Pumpkin
* Brown Rice
* Beans
* Oatmeal

Nuts:

* Peanuts
* Walnuts
* Pecans
* Almonds
* Cashews
* Natural Almond butter
* Natural Peanut butter

Spices:

* Taco Seasoning
* Thyme
* Garlic Powder
* Sea Salt
* Fresh Pepper
* Tony’s (optional)
* Rosemary

Dressings:

* Olive Oil
* Balsamic Vinegar
* Apple Cider Vinaigrette
* Balsamic Vinaigrette
* Olive Oil Mayo or Homemade Mayo

Other Items:

* Dijon Mustard
* Low Fat Cottage Cheese
* Flaxseed Meal
* Pumpkin Spice
* Strong coffee (may be brewed) for protein smoothie
* Protein Powder
* Almond Extract
* Mint Extract or Mint leaves
* Sugar Free Vanilla Pudding
* Shredded Coconut
* Unsweetened Cocoa