

SHOPPING LIST

Canned Beans & Legumes -

Pick Your Favorites! We Suggest:

- WHITE
- BLACK
- KIDNEY
- GARBANZO
- LENTILS

Whole Grains -

Pick Your Favorites! We Suggest:

- WHOLE GRAIN PASTA
- QUINOA
- FARRO

Frozen

- SHRIMP
- BERRIES
- VEGETABLES OF YOUR CHOICE

Seafood & Meat

- CHICKEN
- SALMON
- LEAN PORK

Dairy & Cheese

- EGGS
- GREEK YOGURT
- CHEESES OF YOUR CHOICE

Healthy Fats

- EXTRA VIRGIN OLIVE OIL
- NUTS: PICK YOUR FAVORITES
- SEEDS: PICK YOUR FAVORITES
- AVOCADOS

Unlimited - Pick Your Favorite:

- HERBS
- SPICES
- FRESH VEGETABLE