

MASTER GROCERY LIST

BREAKFAST

-eggs -deli ham, bacon -juice -almond milk -butter tub, sticks -cream cheese
-feta cheese -shredded cheese -deli cheese -yogurt -jam -honey -syrup -walnuts
-sliced almonds -bread -bagels -english muffins -crackers -pancake mix -frozen waffles
-cereal -oatmeal -granola -bananas -berries -kiwi -melon -oranges -avocado
-spinach -avocado oil spray -coconut oil -stevia packets -decaf coffee, tea

LUNCH

-drinks -sandwich bread -deli meat: turkey, ham -deli cheese -mayo -mustard -hummus
-pickle spears -cucumber -tomato -lettuce, spinach -peanut butter -jam -cheese sticks
-goat, feta cheese -salad dressing -dried fruits -seeds -nuts -chopped walnuts -tuna
-raisins -apple -celery -bell pepper -carrots -individual bags of chips -pretzels
-crackers -cottage cheese -yogurt -fruit cups -fresh fruit -cans of soup -cookies
-smoothie ingredients -dark chocolate -chocolate chips

SNACKS

-smoothie ingredients -frozen berries -bottles iced green tea -Vitamin H2O Zero
-drink mix -lemonade -protein bars -snack bars -cheese sticks -cheese block -yogurt
-cottage cheese -carrots -bell pepper -hummus -celery -crackers -popcorn -cereal
-waffles -pretzels, chips, etc. -nut butters: peanut butter, almond, mixed -dark chocolate
-nuts: almonds, pistachio, cashews, peanuts, walnuts, pecans, brazil, macadamia -coconut
-dried fruit: raisins, cranberries, cherries, pineapple, apricots, mango, dates, goji berries
-seasonal fresh fruit: watermelon, pineapple, apples, berries, grapes, peaches, cherries, etc.
-sunflower seeds -pumpkin seeds -flax seed -hemp hearts -chocolate chips

DINNER

-chicken breasts -frozen fish -grass fed ground beef -tuna cans -frozen veggies -avocado
-sweet potatoes -salad mix -salad dressing -marinades, sauces -ketchup -salsa -olive oil
-evoo -avocado oil -coconut oil -lemon, lime -balsamic vinegar -apple cider vinegar
-ground pepper -salt -dried herbs, seasonings -ground cinnamon -applesauce
-fruit cups -canned fruit -fresh fruit -fresh bread, rolls -Redi Whip -desserts
-ingredients for meals -ingredients for desserts

MISCELLANEOUS

-toilet paper -paper towels -napkins -tissues -regular and small paper plates
-baggies -plastic utensils -tinfoil -parchment paper -garbage bags -cleaning stuff
-laundry detergent, etc. -soap -shampoo, conditioner -feminine products -toothpaste
-mouthwash -shaving cream -razors -vitamins