

# Grocery list Week 9

## Produce

- **BABY SPINACH**
- **BERRIES OR OTHER FRUIT, DOES NOT HAVE TO BE FRESH! -FROZEN OR CANNED IS GREAT**
- **2 BANANAS**
- **1 SOFT AVOCADO**
- **1-2 COLESLAW OR SALAD KITS LIKE SOUTHWEST SALAD KIT**
- **CHERRY TOMATOES IF NOT DOING CANNED**

## Cooler/ freezer section

- **CARTON OF EGGS OR EGG BEATERS**
- **PRE- COOKED CHICKEN, I USED FROZEN VARIETY BUT CAN ALSO USE ROTISSERIE OR CANNED!!**
- **1 PRE-SAUCE VEGGIE STEAMER BAG LIKE GARLIC BUTTER GREEN BEANS & POTATOES**
- **1 STEAMER BAG OF STIR FRY VEGGIES**
- **STEAMER BAG OF SHELLLED EDAMAME**
- **CHICKEN SAUSAGE- OPTIONAL FOR LASAGNA IN A MUG**

## Dairy

- **2-5 SERVINGS OF FLAVORED GREEK YOGURT WITH LESS THAN 5G SUGAR PER SERVING (CAN USE PROTEIN POWDER IN PLACE OF 3 GREEK YOGURT SERVINGS)**
- **LARGE BAG OF MOZZARELLA SHREDDED CHEESE**
- **UNSWEETENED NUT MILK OR REGULAR MILK**
- **8OZ RICOTTA**

## Canned/ Dry goods

- **2 CANS BLACK BEANS**
- **PACK OF PROTEIN BARS FOR "GRANOLA" SUCH AS NATURE VALLEY PROTEIN BAR, KIND PROTEIN BAR, ECT**
- **1 BOX OF PROTEIN NOODLES SUCH AS SOY, EDAMAME, OR LENTIL**
- **CAN OF DICED TOMATOES IF NOT DOING FRESH**
- **1-2 JARS OF MARINARA**
- **SALSA**
- **ALMOND FLOUR OR REGULAR FLOUR**
- **LOW CARB OR REGULAR TORTILLA**
- **WHOLE GRAIN BREAD WITH AT LEAST 3G OF FIBER PER SERVING**
- **OATS**
- **CHIA & GROUND FLAX- BOTH FOUND IN THE BAKING AISLE**
- **PEANUT BUTTER**
- **WALNUTS**
- **CHOCOLATE OR VANILLA PROTEIN POWDER IF NOT USING GREEK YOGURT**
- **DARK CHOCOLATE CHIPS**
- **BAKING POWDER**
- **STEVIA & CINNAMON IF DESIRED**
- **SOY SAUCE & SIRACHA OR PACKETS FROM TRUCK STOPS**