

Grocery List Items	Store
<i>Staples:</i>	
almond milk	
Bolthouse Salad Dressing: Balsamic or Italian & Creamy Avocado/Cilantro & Salsa Ranch	Meijer, Marsh
chai tea (can get decaf) or Sugar Cookie Tea (Celestial Seasonings)	
cookie sheet for roasting veggies	Amazon
Dark Chocolate bars (60%-70%)	Fresh Thyme or Whole Foods
Designer Whey Vanilla Protein Powder	Trader Joes or Amazon
eggs	
Enjoy Life mini-chocolate chips	Fresh Thyme or Whole Foods
feta cheese	Costco
Fresh Horseradish	Meijer (maybe Marsh?)
fresh minced garlic	
Froen Chopped onions	Meijer
Frozen fruit: peaches, berries, pineapple	
Greek Yogurt Dip (any flavor)	
Ground flax seed (I have some I can get you)	
Hummus (any flavor)	
Low Sugar Maple Syrup like Maple Grove	Marsh
Low-sodium Beans: Black, Red Kidney, Chickpea, Cannellini	
Low-sodium nuts: Almonds, Cashews, Pistachios, Pecans, Mixed	Costco, Meijer
Low-sodium organic chicken broth	
mason jars	Amazon
Nunaturals Baking Stevia (might need)	Amazon
Old Fashioned Oats or steel cut	
pan lining paper (parchment/foil combo)	
parmesan cheese	Costco
Plain nonfat Greek yogurt or applesauce (organic if can)	
Quinoa (organic)	Costco
Shredded coconut (unsweetened)	

Skinny Girl Microwave Popcorn	Meijer (maybe Marsh?)
Tru-whip or organic whipped cream	Fresh Thyme or Whole foods
vidalia onion chopper	Amazon
Week 1:	
15 oz crushed tomatoes	
applegate turkey pepperoni	Meijer
Blueberries (3 cups) - can be frozen	
cottage Cheese lowfat (6-8 cups)	
feta cheese	
Frozen cauliflower	
Frozen chopped spinach	
Fruit: bananas, blueberries, oranges, pears, apples, other?	for lunch, snack, dessert
high fiber pasta spiral noodles	
Justin's Chocolate Hazelnut Butter	Fresh Thyme, Marsh, Kroger, Whole Foods
lean ground turkey - leanest	
Morningstar Tomato Basil Veggie Burgers	Meijer
Olives: Black - sliced	
Olives: Kalamata (or buy more black) - sliced	
PB2 flour	Fresh Thyme, Whole Foods, Kroger, Marsh (maybe)
Salmon (2 pieces)	
Small high fiber pasta (like shells)	
spaghetti sauce (look for lowest sugar, no HFCS)	
spices: bay leaf, basil, oregano, parsley	
Thomas Light English Muffins (if you want for a bun)	
unsweetened cocoa powder	
Veggies: Red, Yellow, Orange Peppers (2 tri packs), Cucumbers (4 mini or 1 large), cherry tomatoes (1 big pk), zucchini (2), radishes (2 pks), celery hearts (1 pk), green peppers (2), spinach (1 large pk), red onion (1), carrot or radish sticks (1 pkg)	
Week 4	

[illegible]