

7-Day Healthy Eating Plan Grocery List

FRESH PRODUCE

- ☐ 1 pt of strawberries
- ☐ 3 tomatoes
- ☐ 1 bag of spinach
- ☐ 2 avocados
- ☐ 3 sweet potatoes
- ☐ 1 bag of lettuce
- ☐ 1 bag of mixed greens
- ☐ 2 bananas
- ☐ 2 cucumbers
- ☐ 2 carrots
- ☐ 1 garlic
- ☐ 2 potatoes
- ☐ 1 head of broccoli
- ☐ 1 red onion
- ☐ 1 bunch of asparagus

MEAT & FISH

- ☐ 12 oz. salmon
- ☐ 12 oz. chicken
- ☐ 9 oz. frozen shrimp
- ☐ 1 lb. boneless frozen turkey (or turkey lunchmeat)

DAIRY

- ☐ 2 cups of Greek yogurt
- ☐ 6 eggs

GRAINS & BREAD

- ☐ 1 bag of old-fashioned oats
- ☐ 1 loaf of whole wheat bread
- ☐ 1 box of dried pasta of your choice

DRIED & CANNED GOODS

- ☐ 1 small bag of sliced almonds
- ☐ 2 cans of tuna

CONDIMENTS

- ☐ 1 small container of mayo or olive oil
- ☐ Vinegar
- ☐ No sugar-added peanut butter

Weight Loss Plan Latest Store Hours

Mike Jess



Weight Loss Plan Latest Store Hours:

Weight Loss Plan Latest Store Hours Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Weight Loss Plan Latest Store Hours**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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