# **Women's Health**

# 7-Day Healthy Eating Plan Grocery List

# FRESH PRODUCE

- 1 pt of strawberries
- 3 tomatoes
- 1 bag of spinach
- 2 avocados
- 3 sweet potatoes
- O 1 bag of lettuce
- 1 bag of mixed greens
- O 2 bananas

- O 2 cucumbers
- O 2 carrots
- O 1 garlic
- O 2 potatoes
- 1 head of broccoli
- O 1 red onion
- 1 bunch of asparagus

# MEAT & FISH

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

# DAIRY

- 2 cups of Greek yogurt
- O 6 eggs

# **GRAINS & BREAD**

- 1 bag of oldfashioned oats
- 1 loaf of whole wheat bread

 1 box of dried pasta of your choice

### **DRIED & CANNED GOODS**

 1 small bag of sliced almonds O 2 cans of tuna

# CONDIMENTS

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

# Weight Loss Plan Nfl Standings Same Day Delivery

J Dewey

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