

GROCERY GUIDE

Weekly

Vegetables (3)

- Broccoli
- Carrots
- Peppers
- Brussel Sprouts
- Cauliflower
- Zucchini
- Yellow Squash
- Butternut Squash
- Acorn Squash
- Spaghetti Squash

Greens (2)

- Lettuce
- Romaine
- Cabbage
- Kale
- Arugula
- Spinach
- Bok Choy

Fruit (2)

- Apples
- Bananas
- Oranges
- Grapes
- Strawberries
- Raspberries
- Blueberries
- Pears
- Blackberries

Protein (3)

- Eggs
- Chicken
- Turkey
- Fish
- Beef
- Pork
- Venison
- Beans
- Tofu

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Staples

Grains

- Rice
- Pasta
- Couscous
- Bread
- Tortillas
- Oats
- Crackers

Extras

- Salad Dressing
- BBQ Sauce
- Ketchup
- Mustard
- Spaghetti Sauce
- Soy Sauce
- Spices

Dairy

- Milk
- Cheese
- Yogurt

Other

- Canned tomatoes
- Oil
- Coffee/Tea

Tips

- Feel free to buy produce that is fresh, frozen, or canned.
- If your produce isn't fresh you don't need to buy it every week
- Buy some convenience meals if you aren't used to cooking
- The items listed are just suggestion based on what I buy, Grocery shopping is a very individualized process based on what you like!