

S U M M E R

Slay

WEEK 1 GROCERY LIST

PRODUCE

Baby Spinach
2 Bananas
2-3 Apples
2 Zucchini
2 Carrots
2 Red Bell Pepper
1 Yellow Bell Pepper
Onion
Red Cabbage
Butternut Squash (frozen)
1 Bunch of Kale
2 Avocado
Parsley
Garlic
3 Lemons
1 Lime
Cilantro
Your Favorite Vegetables for roasting (brussels, broccoli, etc.)
Your Favorite Vegetables for dipping (baby bell pepper, baby carrots, cucumber, etc.)

PROTEIN & DAIRY

8 oz Tempeh
Unsweetened Milk of Choice
1 lb Chicken Breast
6 oz Salmon
1 Can of Tuna
Protein of Choice for Salads
Goat Cheese
Eggs

GRAINS & NUTS

Quinoa
Rolled Oats
Chia Seeds
Tahini
Nut Butter
Pecans
GF or Whole Grain Crackers
GF or Whole Grain Wraps

PANTRY ITEMS

Avocado, Olive or Coconut Oil (choose your favorite)
Paprika
Garlic Powder
Chili Powder
Sea Salt
Pepper
Cinnamon
Cumin
Coconut Aminos (or low-sodium soy sauce)
Maple Syrup
Liquid Smoke
Canned Chickpeas
Canned White Beans
Vanilla Extract
Sweetener of Choice (Stevia or Coconut Sugar)
Dried Cherries
Apple Cider Vinegar
Cocoa Powder
Ground Coffee or Espresso
Medjool Dates
Dark Chocolate Chips
Coconut Flakes
Coconut Flour