

S U M M E R

Slay

WEEK 2 GROCERY LIST (REGULAR)

PRODUCE

Baby Spinach
2 Bananas
2 Zucchini
1-lb Carrots or Spiralized
Carrots
Onion
Red Bell Pepper
1 Bunch of Kale
1 Bunch of Romaine Lettuce
Parsley
Garlic
3 Lemons
1 Lime
Frozen Pineapple
Fresh Ginger
Sun Dried Tomatoes
Collard Leaves
Asparagus
2 Zucchini
Red Cabbage
Avocado
Micro Greens
Cauliflower Rice
Frozen Mixed Vegetables
Green Onion
Celery

PROTEIN & DAIRY

Chicken Sausage
Cooked Lentils
Unsweetened Milk of Choice
Protein of Choice for Salads
Eggs
Deli Turkey
Vanilla Protein Powder OR
Yogurt of Choice
Ground Chicken
Fresh Mozzarella

GRAINS & NUTS

Quinoa
Almond Butter
Pecans
Quick-Cooking Steel Cut
Oats
Cashews
Almond Meal

CONDIMENTS

Maple Syrup
Dijon Mustard
Coconut Aminos (or low-sodium Tamari)
Capers
Hummus
Sriracha
Fish Sauce
Marinara Sauce

PANTRY ITEMS

Avocado or Olive Oil
Paprika
Garlic Powder
Chili Powder
Sea Salt
Pepper
Cinnamon
Pumpkin Pie Spice
Turmeric
Nutritional Yeast
Chicken or Vegetable Broth
Miso Paste
Bay Leaf
Coconut Flour
Baking Soda
Canned Chickpeas
Vanilla Extract
Dried Cranberries
Dried Blueberries
Medjool Dates
Shredded Coconut
Canned Pumpkin
Chai Tea