

S U M M E R

Slay

WEEK 3 GROCERY LIST (REGULAR)

PRODUCE

1 Bunch of Kale
Baby Spinach
Frozen Pineapple
3-4 Avocado
Red Cabbage
Red Bell Pepper
1 Carrot
Green Onion
Fresh Ginger
Fresh Garlic
3-4 Limes
Fresh Pineapple
Cherry Tomatoes
Fresh Basil
Strawberries
Cilantro
Orange Juice
2-3 Zucchini
Bean Sprouts
Snap Peas
Red Onion
Shallot
Parsley
3-4 Lemons

PROTEIN & DAIRY

2-lb Boneless Skinless
Chicken Breast
Chocolate/Vanilla Protein
Powder
Unsweetened Milk of Choice
Protein of Choice for Salads
Eggs
Goat Cheese
Tuna

GRAINS & NUTS

Quinoa
Peanut Butter or Peanut
Butter Powder
GF or Whole Grain Bread of
Choice
GF or Whole Grain Wraps
Cashews
Cashew Butter
Oat Flour/Rolled Oats

CONDIMENTS

Maple Syrup
Dijon Mustard
Coconut Aminos (or low-
sodium Tamari)
Sesame Oil
Fish Sauce
Chili Sauce
Ketchup

PANTRY ITEMS

Avocado or Olive Oil
Paprika
Garlic Powder
Chili Powder
Sea Salt
Pepper
Cinnamon
Baking Soda
Vanilla Extract
Dried Cranberries
Medjool Dates
Shredded Coconut
Cocoa Powder
Coconut Water
Red Wine Vinegar
Balsamic Vinegar
Molasses
Honey
Plantain Chips
Arrowroot
Dark Chocolate Chips
Hemp Seeds
Ground Flaxseeds