

S U M M E R

Slay

WEEK 4 GROCERY LIST (REGULAR)

PRODUCE

Bananas
Frozen Cherries
Frozen Raspberries +
Blackberries
Fresh Ginger
1 Mango
Avocado
3 Bags of Cauliflower Rice
Onion
Pomegranate Arils
Butternut Squash
Cilantro
Purple Cabbage
Carrots
Red Bell Pepper
Yellow Bell Pepper
Kale
Brussels Sprouts
Pineapple
2-3 Limes
2-3 Lemons
Jalapeno
Pineapple Juice
Grapefruit
Watermelon
Fresh Mint
Cherries

PROTEIN & DAIRY

2-lb Boneless Skinless
Chicken Breast or Thighs
Vanilla Protein Powder
Unsweetened Milk of Choice
Eggs
Goat or Mozzarella Cheese
Feta
Wild Caught Salmon
Mahi Mahi

GRAINS & NUTS

Quinoa
Almond Butter OR
Sunflower Seed Butter
GF or Whole Grain Tortillas
GF or Whole Grain Bread
Tahini
Coconut Butter

CONDIMENTS

Coconut Aminos (or low-
sodium Tamari)
Marinara or Pizza Sauce
Hummus
Salsa
Maple Syrup

PANTRY ITEMS

Avocado or Olive Oil
Vanilla Extract
Pomegranate Vinegar (or
vinegar of choice)
Ground Ginger
Garlic Powder
Tapioca Starch
Chili Powder
Paprika
Dried Thyme
Balsamic Vinegar
Flaxseed
Hemp Seeds
Dried Oregano
Matcha
Unsweetened Coconut
Flakes
Coconut Oil
Cacao Nibs
Coconut Sugar