

GROCERY SHOPPING LIST

The groceries on this list are what I ALWAYS buy, my staples, for when I make my simple everyday smoothie, salad, wrap and snacks. Meals that don't require much work and are still very healthy!

Veggies

Cucumbers, baby tomatoes, avocados, leafy greens, frozen cauliflower rice, olives

Fruit

Bananas, apples, strawberries, blueberries, blackberries, frozen cherries
Frozen pineapples, lemon

Dairy

Free range eggs, goat cheese, crumbled feta

Meat

Oven roasted turkey, salami, peperoni
I like Boar's head or Applegate, I prefer organic, and brands that don't add nitrates.

Grains

Organic tortilla shells, organic sprouted bread such as Ezekiel

Nuts

Raw pecans, raw slivered almonds, raw cashews
Nut milks, coconut milk

MEALS YOU CAN MAKE WITH GROCERY LIST

Avocado toast on sprouted bread with cucumbers and tomatoes and a pinch of sea salt

Turkey Wrap with avocado, tomatoes, cucumbers, and leafy greens

Salad made with leafy greens, cucumber, tomatoes, crumbled feta, olives and raw pecans or slivered almonds (olive oil and squeeze a lemon for dressing)

Berries, cashews, pepperoni and salami are great to snack on for in between meals if you're hungry for a snack

Goat cheese tastes amazing in scrambled eggs! Sometimes I boil a few eggs and keep them in the fridge for a quick ready to go protein snack

A quick smoothie with nut milk or coconut milk, greens, banana, avocado, nut butters, frozen cherries or pineapple (I use frozen cauliflower instead of avocado sometimes to add thickness to my smoothies! You can't even taste it!)

Ezekiel toast with peanut or almond butter and sliced bananas makes a delicious dessert!! My daughter has one almost every night before bed!

