

Grocery List

- 
- Meat/seafood:** Choose 2-3: chicken (breasts, legs, wings, tenders etc.), turkey wings, ground turkey, roast, salmon, tilapia
 - Starches:** Choose 2: corn, sweet potatoes, couscous, spaghetti, penne pasta, Quinoa, brown rice
 - Fruit:** Choose 2: bananas, mangos, strawberries, oranges, apples, grapes, peaches, blueberries
 - Must-haves:** chicken bouillons, chicken stock, garlic bulb, flour, eggs, salad dressing, olive oil, vinegar, nuts, dry fiber cereal
 - Vegetables used for flavoring:** Choose 3: cilantro, spring onions, green pepper, red pepper, yellow or white onions
 - Vegetables:** Choose 3: broccoli (fresh or frozen), carrots, spinach, Brussel sprouts, kale, asparagus, bag-of-salad, cauliflower
 - Spices:** Choose 4: pepper, kosher salt, garlic, parsley, oregano, Cajun, Cumin, Cinnamon, cayenne pepper