

Grocery List

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