



BIKINI BODY

GROCERY LIST

Produce:

- Asparagus
- Arugula
- Avocado
- Broccoli
- Baby Spinach
- Baby Kale
- Banana
- Bibb Lettuce
- Granny Smith Apples
- Grapefruit
- Onions
- Red, Green, Yellow Peppers
- Raspberries
- Strawberries
- Sweet Potato

Poultry, Meat & Seafood:

- Extra Lean Ground Turkey
- Extra Lean Ground Chicken
- Skinless Chicken Breast
- Grass-fed Beef
- Atlantic Salmon
- Fresh Shrimp
- Low-Sodium Turkey Bacon

Grains, Nuts, Seeds, Oils

- Raw Almonds
- Raw Cashews
- Natural Peanut Butter or Almond Butter
- Chia and Flax Seed
- Pine Nuts
- Gluten-Free Oats
- Quinoa
- Walnuts
- Coconut Oil and Coconut Oil Cooking Spray

Dairy

- Unsweetened Almond or Coconut Milk
- Plain 0% Greek Yogurt
- Eggs
- Whey Protein Isolate Powder
- Etc.
- Unsweetened Cocoa Powder
- Dijon Mustard
- Balsamic Vinegar
- Fresh Salsa