

## 24 Day Challenge Grocery List

### Notes/Recipes:

#### MEAT/POULTRY/FISH

- \_\_\_ Chicken Breast
- \_\_\_ Turkey Breast
- \_\_\_ Ground Turkey
- \_\_\_ Lean Ground Beef
- \_\_\_ Fish/Salmon
- \_\_\_ Tuna Fish in water
- \_\_\_

#### Complex Carbs

- \_\_\_ Beans
- \_\_\_ Lentils
- \_\_\_ Quinoa
- \_\_\_ Whole Grains(rice,bread)
- \_\_\_

#### DRESSING/OILS

- \_\_\_ Coconut Oil
- \_\_\_ Olive Oil
- \_\_\_ Lite Vinaigrette (no sugar)
- \_\_\_ Unsweetened
- Applesauce
- \_\_\_

#### FRUITS/VEGGIES

- \_\_\_ Bananas
- \_\_\_ Strawberries
- \_\_\_ Cantaloupe
- \_\_\_ Apples red/green
- \_\_\_ Grapes red/green
- \_\_\_ Lemon
- \_\_\_ Onion
- \_\_\_ Potatoes brown/red
- \_\_\_ Lettuce head/bagged
- \_\_\_ Tomatoes reg/cherry
- \_\_\_ Pepper red/yellow/grn
- \_\_\_ Carrots
- \_\_\_ Mushroom
- \_\_\_ Squash
- \_\_\_ Zucchini
- \_\_\_ Cucumber
- \_\_\_ Corn
- \_\_\_ Garlic
- \_\_\_ Spinach Bagged
- \_\_\_
- \_\_\_

#### FROZEN

- \_\_\_ Peas
- \_\_\_ Corn
- \_\_\_ Broccoli
- \_\_\_ Spinach
- \_\_\_ Fruit (smoothies)
- \_\_\_
- \_\_\_

#### DRINKS

- \_\_\_ Almond Milk
- \_\_\_ Spark
- \_\_\_ Bottled Water
- \_\_\_

#### OTHER ITEMS

- \_\_\_ PB2
- \_\_\_ Egg Whites
- \_\_\_ Ezekiel 4:9 Bread
- \_\_\_ Peanut Butter (no oil or sugar)
- \_\_\_ All Natural Nut Butter
- \_\_\_ Dried Cranberry
- \_\_\_

#### Dairy AFTER CLEANSE

- \_\_\_ Cheese Sticks
- \_\_\_ Mozzarella
- \_\_\_ Yogurt no sugar
- \_\_\_ Low fat Ricotta
- \_\_\_ Eggs
- \_\_\_
- \_\_\_

#### EASY BREAKFAST IDEAS

- \_\_\_ Oatmeal
- \_\_\_ Meal Rep. Shakes
- \_\_\_ Advo Bars
- \_\_\_ Egg White Bites
- \_\_\_ Protein Bites
- \_\_\_

#### EASY SNACK IDEAS

- \_\_\_ Almonds
- \_\_\_ Hummus and Veggies
- \_\_\_ Boiled Eggs
- \_\_\_ Edamame
- \_\_\_ Healthy Granola