



Grocery List

- ⌚ 2 large bags spinach
- ⌚ 1 bag carrots
- ⌚ 1 pineapple, fresh or precut
- ⌚ 3 lemons
- ⌚ 1 clove garlic
- ⌚ 2 large red bell peppers
- ⌚ 1 onion
- ⌚ ½ lb. walnuts
- ⌚ 1 container non-stick cooking spray
- ⌚ 1 box green tea
- ⌚ 1 container apple cider vinegar
- ⌚ 1 bottle flax oil
- ⌚ 1 bottle extra virgin olive oil
- ⌚ 1 lbs. extra lean beef
- ⌚ 3 lbs. chicken breast
- ⌚ 1-2 containers of egg whites
- ⌚ ½ lb. cheese
- ⌚ 1 large containers plain yogurt
- ⌚ 2lb container of protein powder
- ⌚ 1 bottle omega 3 fish oil capsules