

SUMMER SWEAT series

Grocery List | Week 1

Vegetables

- 2 zucchini
- Bag of shredded carrots (you'll need 1 cup)
- 1 large red cabbage (1-2 cups, shredded)
- 1 cucumber
- 2 red onions
- 1 sweet onion
- Bag of spinach
- Fresh green beans (1 - 1.5 lbs)
- Chopped shiitake mushrooms (1 cup)
- 1 red bell pepper
- 2 pint of grape or cherry tomatoes
- 1 bunch of green onions
- Pitted kalamata olives (1 cup)

Fruit

- 3 apples
- 6 bananas
- 1 pint of strawberries
- 1 lemon
- 2 limes

Dairy

- Dozen eggs
- 1 small container of cottage cheese
- 1 carton of plain, nonfat Greek yogurt
- 1 carton of almond milk
- Feta cheese (4 oz)
- 3 single-serving (6 oz) containers of vanilla greek yogurt

Meat

- 1 pound of chicken breast
if you choose chicken for your protein with other meals, you will need more
- 1 pound lean ground turkey or chicken (at least 96%)

Grains

- 1 package of quinoa
- 1 package of 8 whole wheat or low carb tortillas
- Bag of rolled oats
- Brown rice (optional)
enjoy with lettuce wraps or in place of quinoa

Baking Supplies

- Almond flour (2 ½ cups)
- Dried cranberries (½ cup)
- Coconut sugar (½ cup)
- 1 package dark chocolate chips
- Your favorite protein powder (1 scoop)
- 1 ALOHA Superfood chocolate bar
- Coconut oil
- Unsweetened coconut flakes (¾ cup)

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Nuts and Seeds

- 1 jar of natural peanut butter
- 1 jar of almond butter
- or you can choose to use more peanut butter instead
- Bag of chia seeds
- Bag of flax seed
- Walnuts (you'll need $\frac{3}{4}$ cup)
- Cashew halves (you'll need 1 $\frac{1}{2}$ cups)
- Package of lettuce wraps
to be used for tacos, choose your own size

Canned Goods

- 1 (15 oz) can of chickpeas
if you choose chickpeas for your protein with other meals, you will need more.
- 1 (15 oz) can of black beans
- Small jar of strawberry preserves or jam

Frozen Foods

- Bag of frozen blueberries
- Bag of frozen strawberries

Condiments

- Soy sauce
- Red wine vinegar
- Sriracha
- Teriyaki sauce
- Hoisen sauce
- Chili paste

Pantry Staples

- Cinnamon
- Baking Soda
- Salt
- Olive oil
- Honey
- Cornstarch
- Garlic
- Sesame seeds

Herbs

- Ginger
- Garlic
- Fresh Cilantro
- Dried oregano
- Fresh Basil

Other

- 1 pack ALOHA Daily Good Greens