

# SUMMER SWEAT series

## Grocery List | Week 3

Note: you might have leftover ingredients from last week, double check before you go to the grocery store.

### Vegetables

- 1 bunch kale
- 1 cup grape tomatoes, sliced
- 2 red onions
- 1 red bell pepper
- 1 large green chile
- 6 small tomatoes, sliced
- 1 avocado
- 1 bag of spinach
- 1 Bag of lettuce
- Sweet corn (½ cup)
- 2-3 sweet potatoes (for fries)

### Fruit

- 1 bag of frozen strawberries (you'll need 2 cups)
- 1 pint of blueberries
- 1 apple
- 6 bananas
- 1 mango
- Fresh lemon juice (¼ cup)

### Dairy

- 1 carton of almond milk
- 4 eggs
- Container of Mozzarella balls (you'll need ½ cup)
- 1 container (6 oz) of your favorite blueberry or vanilla yogurt
- 1 carton of plain, nonfat Greek yogurt (you'll need ½ cup)
- Container of gorgonzola (you'll need ¼ cup)

### Meat

- 4 large boneless, skinless chicken breasts
- Bacon bits, if desired (you'll need ¼ cup)

### Grains

- 1 package of quinoa

### Baking Supplies

- Bag of rolled oats
- Gluten-free oat flour (½ cup plus 1 tbsp)
- Gluten-free all-purpose flour (you can use regular all-purpose or WW if not GF)
- Coconut oil
- Coconut sugar
- Cocoa powder
- Brown sugar ( cup)
- Chocolate chips ( cup)
- Almond meal (¼ cup)
- Unsweetened applesauce
- Your favorite protein powder (2 scoops)
- Vanilla

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*series*

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Pantry Staples

- Olive oil
- Honey
- Chia seeds
- Salt
- Pepper
- Cumin
- Chili powder
- Mustard
- Garlic powder
- Garlic salt
- Italian seasoning
- Baking powder

Other

- Edamame (1 ½ cups, cooked)  
*if you are substituting this with black beans, you will need an additional 16 oz can of black beans*
- 2 cups creamy tomato soup (choose your favorite brand)

Nuts and Seeds

- Jar of natural peanut butter
- Almond butter (2 tbsp) or you can use more peanut butter
- Almonds (you'll need ½ cup)
- Peanuts (you'll need 2 tbsp)

Canned Goods

- 1 (16 oz) can low-sodium black beans

Herbs

- Fresh Cilantro ( 1 cup)
- Fresh basil
- Garlic
- Dried Oregano