

# SUMMER SWEAT series

## Grocery List | Week 5

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

### Vegetables

- 1 small cucumber
- 3 medium-sized tomatoes
- 1 bag of spinach
- 1 yellow onion
- 1 bag of mixed greens
- ¼ red onion
- 1 avocado
- 4 radishes, sliced
- Broccoli florets (4 cups)

### Fruit

- 2 bananas
- 1 pint of blueberries
- 1 pint of raspberries
- 1 lime
- 1 lemon

### Dairy

- Dozen eggs
- Carton of almond milk
- Container of blue cheese (¼ cup)
- Package of shredded colby jack or Mexican cheese (1 ½ cups)
- Greek yogurt

### Meat

- 5 boneless, skinless chicken breasts
- Package of bacon (4 strips needed)
- 1 lb fresh salmon (skin on)

### Grains

- 1 package of Quinoa (you'll need 4 ½ cups, cooked)

### Baking Supplies

- Coconut Flour
- White Whole Wheat Flour (1 cup)
- Oat flour (or you can make your own)
- Quick oats
- Cocoa Powder (good-quality)
- Vanilla extract
- Baking powder and baking soda
- Coconut oil
- Sugar (1 tsp)
- Pure Maple Syrup
- Aloha Superfood Chocolate Bar
- Your favorite nut butter

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Pantry Staples

- Honey
- Sriracha
- Olive oil
- Garlic powder
- Chili powder
- Cumin
- Salt and pepper
- Dried oregano
- Soy sauce
- White rice vinegar
- Hoisen sauce
- Asian Seasoning or Ginger Garlic seasoning

Canned Goods

- 1 (15 oz) can organic tomato sauce
- 1 (15 oz) can organic fire-roasted diced tomatoes
- 1 (15 oz) can black beans
- 1 (15 oz) can sweet corn

Other

- Your favorite store-bought salad dressing under 100 calories per two tablespoons
- Vanilla Aloha Protein Powder

Herbs

- Garlic
- Cilantro (you'll need  $\frac{3}{4}$  cup)
- Parsley (you'll need  $\frac{1}{2}$  cup)