

GROCERY list

PRODUCE

- Organic Broccoli
- Carrots
- Raspberries
- Blackberries
- Blueberries
- Cauliflower Pizza crust
- Peppers
- Onions
- Spaghetti Squash
- Avocados
- Sweet Potatoes
- Cherry Tomatoes
- Super Spinach Salad
- Arugula

BREAD/BAKERY

- French Bread
- Your favorite bread for toast/sandwiches.

DAIRY/FRIDGE SECTION

- Yogurt
- Shredded Cheese
- Sour Cream or Greek yogurt
- Sriracha Tuna Salad

MEAT

- Chicken breast
- Pre-Sliced Grilled Chicken
- Tomato Basil Chicken Sausage
- Pulled Pork

FROZEN

- Mandarin Orange Chicken
- Organic Brown Rice
- Original Cowboy veggie burger
- Acai Smoothie Packs
- Jasmine Rice
- Cauliflower Rice

- Meatballs (whichever kind you like best)
- Zucchini Noodles
- Corn

DRINKS

- Coconut milk
- Coconut water for smoothies
- Cold pressed juice

dry/baking

PASTA

- Butternut squash pumpkin pasta

OILS/SAUCES/CONDIMENTS

- Yellow curry
- Mango Ginger Chutney
- Curry Simmer Sauce
- Pesto Sauce
- Everything Bagel Seasoning
- Avocado Oil
- Dijon Mustard

SNACKS

- Peanut Butter Protein Granola
- Butternut Squash Zig Zags
- RXBars
- Apple Straws
- Power Berries Trek Mix
- Roasted & Salted Marcona Almonds

BREAKFAST	Yogurt Bowl: Add granola & berries! YUM!
BREAKFAST	Avocado Toast: Mix together your avocados with the everything bagel seasoning and spread on toast along with some chopped up cherry tomatoes if desired.
BREAKFAST	Power smoothie --> Acai packet, coconut water, banana & blueberries (or whatever you want really)!
LUNCH	Spinach Salad: Mix together avocado oil and Dijon mustard to make a dressing for on top of the spinach salad (the dressing it comes with it's very healthy)!
LUNCH	Veggie Burger, Brown Rice & some greens!
LUNCH	Tuna & Arugula Salad (add in more veggies if you wish!)
DINNER	Pulled Pork Baked Sweet Potatoes: Bake your sweet potatoes and then place the pulled pork on top with sour cream (or Greek yogurt) and avocados!

DINNER	Orange chicken with broccoli & rice: Place chicken and broccoli onto a sheet pan and then into the oven (directions on chicken package). Place over the rice! VOILA!
DINNER	Coconut Curry Chicken: Slice chicken into bite size pieces. Saute, when almost cooked through add the curry and coconut milk. Bring to a simmer and add diced carrots. Cover and simmer 10 minutes. Season with pepper and serve over jasmine rice!
DINNER	Butternut squash pasta with your favorite sauce!
DINNER	Homemade Pizza: Take your cauliflower pizza dough and your favorite veggies and create a pizza!
DINNER	Spaghetti Squash with Meatballs: Simmer bag of meatballs with the curry simmer sauce & Mango Ginger Chutney (equal parts) and serve over spaghetti squash with French bread!
DINNER	Zucchini noodles with chicken sausage & veggies: Cook zucchini noodles according to package, add in cooked sausage and your favorite season veggies with pesto sauce!
DINNER	Homemade Chipotle bowl: Cauliflower rice with shredded chicken, corn, shredded cheese and top with avocados/sour cream (or Greek yogurt)!