

Grocery List for 5/5/24



BAKING

Almond Flour
Granulated Monkfruit or Stevia
Baking Powder & Soda

SPICES & CONDIMENTS

Chili powder
Garlic powder
Onion powder
Dried oregano
Paprika
Ground cumin
Salt
Black pepper
Cayenne
Avocado or Olive Oil
Scallions
Italian Seasoning

PRODUCE

Bag of green beans
Lemon

SALSAS & DIPS

16 oz salsa
Hummus

BREAD

Hamburger Buns (look for lower added sugar 4-5 gr & higher fiber options)

DAIRY & EGGS

Plain 2% Greek Yogurt
Protein Milk or Milk of Choice

GRAINS & RICE

Quinoa
Brown Rice
Tortilla (corn or higher fiber options)

MEAT

2-3 Lbs Ground Turkey (93/7)
3-4 Lbs of Chicken Breast

SEAFOOD

4-6 Pieces of Salmon

CANNED GOODS

Lower sodium black beans

OTHER

