



June 8-14 Grocery List

Done	Item	#	Recipe
PRODUCE			
	Blueberries	2c	breakfast
	Strawberries	2c	breakfast
	lettuce/salad	1 container	dinners
	tomato	1 or 2	dinners
	green pepper	1 or 2	dinners
DAIRY			
	Greek Yogurt	4c	breakfast
	Shredded gruyere or swiss	1/2c	egg bites
	Full fat cottage cheese	1/4c	egg bites
	shredded cheddar or mexian cheese	1 package	dinners
	sliced cheese (your favorite)	2 slices	dinners
	sour cream	8oz	dinners
	Eggs	7	egg bites & tuna salad
SEASONINGS			
	swerve (or other powdered sweetner)	1c	peanut butter balls
	chocolate chips	8oz	peanut butter balls
	salt		tuna salad
	pepper		tuna salad
	taco seasoning	1 package	dinners
	ranch dressing	4tsp	dinners
	mayo	4tsp	dinners
MIDDLE AISLE			
	Granola	1 1/3c	breakfast
	raw cashews	1c	adventure bars
	unsweetened shredded coconut	1/2c	adventure bars
	pited dates	1c	adventure bars
	dried apricots	1/2c	adventure bars
	dried cherries	1/2c	adventure bars
	chia seeds	4tbl	adventure bars
	almond (or peanut) butter	1 1/2c	adventure bars & pb balls
	salted peanuts	1c	peanut butter balls
	Tuna	2 cans	tuna salad
	dill pickles	2 spears	tuna salad
	tortillas	4	dinners
	refried beans	1 can	dinners
	pesto	small jar	dinners
	salsa	1 container	dinners
	Bread	4 slices	dinners
FROZEN			
	edamame	4c	snack
MEAT			

Bacon	2 slices	egg bites
boneless skinless chicken breast	5 or 6	dinners
Bacon bits (can make from bacon if you want)		dinners
ADVOCARE		
vanilla protein powder	1 scoop	adventure bars