

MEAL PREP MEAL PLAN

grocery list

You can find the meal prep meal plan with recipes [here](#).

PRODUCE

- zucchini
- large bell pepper (or other pepper)
- tomatoes or cherry tomatoes
- cucumber
- potato
- carrots
- onions
- garlic
- apple
- lemon
- ginger
- cauliflower
- parsley or basil
- blueberries or other berries
- arugula
- radishes
- lettuce
- scallions
- avocado

MEAT, EGGS, DAIRY

- 14oz/ 400g salmon
- 1 pound chicken thighs, bone-in
- eggs
- nut milk of choice
- yogurt of choice (optional for breakfast)
- feta cheese (optional)

NUTS & SEEDS

- cashews
- almonds
- flaxseed
- sunflower seeds
- tahini

PANTRY

- oats (gluten free)
- honey or maple syrup
- canned chickpeas (3x)
- shredded coconut
- baking soda
- baking powder
- coconut oil
- apple cider vinegar (optional for BK cake)
- olive oil
- gluten free tortillas

SPICES

- cinnamon
- vanilla
- mint
- turmeric
- cumin
- crushed red pepper
- coriander

OTHER/ OPTIONAL

- Tzatziki (read labels)
- Hummus (read labels)