

Higher Ground Core

Block Shopping List



SHOPPING LIST

<p>FRUITS & VEGGIES</p> <p>Onions Regular carrots Celery Garlic Broccoli Cauliflower Sweet potatoes Brussels sprouts Sugar snap peas Cherry tomatoes Cucumber Mixed greens Avocados Asparagus Bananas Apples Blueberries</p> <p>*Buy as organic as possible but within budget!</p>	<p>PROTEIN (Per Serving)</p> <p>1 lb chicken breasts, boneless, skinless 5 oz lean steak 4 oz salmon fillet, preferably wild 6 oz cod fillet Tuna, canned in water</p> <p>EGGS & DAIRY</p> <p>Greek yogurt, plain, low-fat Milk, nonfat Feta cheese, crumbled Eggs, large</p> <p>WHOLE GRAINS</p> <p>Quinoa Oats, rolled Whole-wheat tortillas Brown rice Whole-wheat bread</p>
<p>DRY GOODS</p> <p>1 large can (28 oz/875 g) diced tomatoes 1 can (15 oz/470 g) chickpeas, no salt added 1 can (15 oz/470 g) black beans, no salt added Vinaigrette Nuts, unsalted Chia seeds</p>	<p>COLD CASE / FREEZER</p> <p>Fresh pesto Hummus Tzatziki 1 lb (500 g) frozen mixed vegetables, no salt Frozen mango, unsweetened Frozen strawberries, unsweetened Frozen shrimp, cooked, peeled</p>
<p>PANTRY STAPLES</p> <p>Extra-virgin olive oil Salt and pepper Chicken stock, reduced sodium Dried bay leaves Sesame seeds</p>	