



# LUNCH Grocery List

- CONTINUATION PLAN



## PROTEIN

- SWEET POTATO
- BLACK BEANS
- BROWN RICE
- QUINOA
- LENTILS

## VEGETABLE

- MIXED GREENS
- BELL PEPPER
- ONION
- EGG PLANT

## CARBOHYDRATE

- GREEK YOGURT
- CHICKEN BREAST
- GROUND TURKEY
- TOFU

## OTHER

- BALSAMIC VINAIGRETTE
  - LOW SODIUM SOY SAUCE
  - COOKING SPRAY
  - GARLIC
  - LEMON JUICE
  - ITALIAN SEASONING
  - ROASTED RED PEPPER DIP
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