

BREAKFAST GROCERY LIST

MAINTENANCE PLAN



PROTEIN:

- PROTEIN POWDER
- FIRM TOFU
- PEANUT BUTTER
- PLAIN GREEK YOGURT
- EGG WHITES

CARBS

- ROLLED OATS
- WHOLE GRAIN BREAD
- QUINOA
- WHOLE GRAIN TORTILLA
- GRANOLA

FRUITS

- MIXED BERRIES
- BANANA
- AVOCADO
- MUSHROOMS

VEGGIES

- ASSORTED VEGETABLES
- SPINNACH LEAVES
- ONIONS

OTHER:

- SLICED ALMONDS
- SHREDDED COCONUT
- CHIA SEEDS
- OLIVE OIL
- SALT & PEPPER
- TURMERIC
- MAPLE SYRUP
- VANILLA EXTRACT
- LOW SUGAR
- SALSA
- HONEY