

LUNCH GROCERY LIST

MAINTENANCE PLAN



PROTEIN:

- CHICKEN BREAST
- SALMON FILLET
- TURKEY SLICES
- PROTEIN POWDER
- ALMOND OR PEANUT BUTTER

CARBS

- WHOLE WHEAT WRAP
- BROWN RICE
- LENTILS
- QUINOA
- WHOLE GRAIN CROUTONS
- JASMIN RICE
- HUMMUS

OTHER:

- SOY SAUCE OR TERIYAKI SAUCE
- SESAME SEED OIL
- OLIVE OIL
- GARLIC POWDER
- SALT & PEPPER
- VEGETABLE BROTH
- CHICKEN BROTH
- ITALIAN SEASONING
- LIME VINAIGRETTE
- CILANTRO
- CESAR DRESSING
- ONION SOUP MIX
- CINNAMON

FRUITS

- LEMON
- BANANA

VEGGIES

- MIXED VEGETABLES
- ASPARAGUS
- SHREDDED CARROTS
- CUCUMBERS
- SALAD GREENS
- BELL PEPPERS
- RED ONION
- ROMAINE LETTUCE
- CHERRY TOMATOES