

DINNER GROCERY LIST

MAINTENANCE PLAN



PROTEIN:

- FIRM TOFU
- SHRIMP
- BEEF SIRLOIN
- CHICKEN BREAST
- SALMON

VEGGIES

- EGGPLANT
- MIXED VEGETABLES
- MIXED SALAD GREENS
- CAULIFLOWER RICE
- ONION
- ZUCCHINIS

OTHER:

- TOMATO SAUCE
- COCONUT MILK
- GREEK YOGURT
- GARLIC
- NUTMEG
- BALSAMIC VINAIGRETTE DRESSING
- FRESH HERBS
- SOY SAUCE
- SESAME OIL
- OLIVE OIL
- LEMON JUICE
- CURRY POWDER
- GINGER

CARBS

- LENTILS
- CHICKPEAS
- BARLEY
- SOBA NOODLES
- WILD RICE
- QUINOA