

SNACK GROCERY LIST

MAINTENANCE PLAN



CARBS

- GREEK YOGURT
- COTTAGE CHEESE
- TURKEY SLICES

PROTEIN:

- GRANOLA

VEGGIES

- TOMATO

FRUITS

- MIXED BERRIES
- PEACH SLICES
- AVOCADO
- APPLE

OTHER:

- ALMONDS
- WALNUTS
- ALMOND BUTTER