



Shopping List

Fruits

Sliced avocados
3/4 c peaches

Vegetables

Cheese

Meat/Fish

Bread/Cereal

Dave's Killer Bread

Condiments/Dressings

1/2 c peanut butter
1/3 c honey or
agave nectar

Baking

1 c dry oatmeal
2/3 c toasted coconut flakes
1/2 c ground flax seeds
1/2 c semisweet chocolate chips
1 T chia seeds
1 t vanilla

Spices

Crushed red pepper flakes
Sea Salt

Pasta/Rice

Canned Foods

Frozen

1 c frozen strawberries

Beverages

Dairy

Low fat Cottage cheese
1/4 c vanilla Greek yogurt
1/3 c vanilla almond milk

Household

Paper/Wraps

Other

