

Women's Weekly Grocery Checklist

Proteins

- ✓ Eggs (18–24)
- ✓ Chicken breast (3–4 lbs)
- ✓ Salmon (2–3 lbs)
- ✓ Cod/white fish (1–2 lbs)
- ✓ Lean ground turkey (2 lbs)
- ✓ Lean ground beef (1–2 lbs)
- ✓ Greek yogurt (6–7 cups)
- ✓ Cottage cheese (2 tubs)
- ✓ Tuna packets (4–6)

Carbs & Grains

- ✓ Quinoa
- ✓ Brown/Jasmine rice
- ✓ Whole■grain wraps
- ✓ Oats
- ✓ Potatoes (optional)

Veggies & Greens

- ✓ Spinach
- ✓ Mixed greens
- ✓ Broccoli
- ✓ Asparagus
- ✓ Zucchini
- ✓ Peppers
- ✓ Onions
- ✓ Mushrooms
- ✓ Brussels sprouts

Fruits

- ✓ Berries
- ✓ Apples
- ✓ Citrus (lemons/limes)

Fats & Extras

- ✓ Avocados
- ✓ Olive oil
- ✓ Almonds/walnuts
- ✓ Chia/Flax seeds
- ✓ Salsa, Marinara, Low■sugar sauces

