

WEEK 3 SHOPPING LIST

Protein

- EGGS
- EGG WHITES
- CANADIAN BACON OR LEAN HAM
- GROUND BEEF OR PATTY (85/15)
- GROUND TURKEY (85/15)
- CHICKEN BREASTS
- SLICED TURKEY BREAST
- GRATED PARMESAN CHEESE
- GREEK YOGURT (FAT FREE OR 2%)
- SHREDDED CHEDDAR
- CREAM CHEESE
- COTTAGE CHEESE
- QUEST PROTEIN CHIPS

Fats

- GRASSFED BUTTER
- AVOCADO OIL
- OLIVE OIL

Veggies

- RED ONION
- SWEET PEPPERS
- PERSIAN CUCUMBERS
- BROCCOLI
- CAULIFLOWER
- RICED CAULIFLOWER
- BUTTERNUT SQUASH
- ZUCHINNI
- CHERRY TOMATOES
- LEMONS
- FRESH PARSLEY

Condiments

- YELLOW MUSTARD
- SRIRACHA
- RANCH DRESSING
- MAYO
- DILL RELISH
- DJION MUSTARD
- LEMON JUICE

Spices

- PINK SALT
- PEPPER
- GARLIC POWDER
- ONION POWDER
- ITALIAN SEASONING
- PAPRIKA
- CUMIN
- OREGANO
- TURMERIC
- DILL
- CAYENNE PEPPER

Week 3

Mon	3 fried eggs with cheese and Canadian bacon	turkey burgers with mustard and dill relish and Greek yogurt	general tso chicken with veggie cauliflower rice
Tues	3 egg whites plus 1 egg with peppers and onions cooked in butter with cheese and Canadian bacon	sliced turkey and cheese rollups with cottage cheese peppers	chicken parmesan casserole
Wed	3 eggs cooked in butter with cheese and Canadian bacon	sliced turkey and cheese rollups with Greek yogurt	buttery steak bites with veggie rolls
Thur	3 egg whites plus 1 egg cooked in butter with cheese and Canadian bacon	cheeseburgers with dill relish and mustard with Quest protein chips	chicken fajita bowls with peppers, onions, cheese and avocado
Fri	3 egg whites plus 1 egg cooked in butter with cheese and Canadian bacon	cheeseburgers with dill relish and mustard with Greek yogurt	chicken & veggie pizza casserole

drinks: water, water with LMNT electrolytes, water with collagen, black coffee, herbal unsweetened teas, sparkling water