3-DAY QUICK FIX
GROCERY LIST

1 small bottle of Extra Virgin Coconut Oil (12 tsp)
fresh spinach
broccoli florets*
green beans*
asparagus
zucchini
cucumbers
bell peppers
3 lbs of chicken breasts (6 breasts)
1 lbs of white fish (3-6 filets. try to stay away from tilapia)
1.5 lbs of extra lean ground turkey
1 quart of egg whites (or 1 dozen eggs separated)
Steel-cut oats
1-2 medium yams (sweet potatoes)

*I think frozen steamable veggies will work great for this!