



# Confessions of a Fit Foodie

eat clean. **get fit. be happy.**

## GROCERIES FOR PREP DAY:

### MEAT

- 4 lb chicken breast
- 3-4 lbs boneless skinless chicken thighs
- 1.5 lbs lean ground chicken (or sub turkey)
- 1 lb lean ground turkey

### VEGETABLES

- 1 bag of carrots
- 1 bag of celery
- 3 white onions
- 1 red onion
- 8 cloves of garlic
- 1 zucchini
- 1 1/2 cups of fresh string beans
- 1 head of cauliflower
- 1 lb red potatoes (you want 2 cups chopped)
- 1 jalapeno

### SPICES/HERBS

- garlic powder
- onion powder
- chili powder
- basil
- oregano
- red pepper flakes
- cumin

### CANNED

- 3 (32 oz) of organic, low sodium vegetable or chicken stock
- 3 (28 oz) cans of diced tomatoes
- 1 (10oz) can of diced tomatoes with green chilies
- 14.5 oz no salt added diced tomatoes
- 2 cans of tomato paste
- 1 can of no salt added black beans

### FROZEN

- 1 bag of frozen corn

### DAIRY

- butter or ghee (I use dairy-free)

### PANTRY STAPLES

- Himalayan or sea salt
- pepper
- olive oil cooking spray
- coconut aminos (or sub low sodium soy sauce)
- maple syrup/honey (can use interchangeably)
- apple cider vinegar
- thickener of your choice (arrowroot, tapioca, corn starch, rice flour, etc)
- hot sauce/Tabasco
- balsamic vinegar
- coconut oil
- brown rice

## **GROCERIES FOR DAY YOU EAT (optional, but recommended):**

### **Chicken Tortilla Soup:**

(toppings)

- shredded cheddar cheese
- 1 avocado
- 1 bunch of fresh cilantro
- lime
- corn tortillas

### **Chicken and Veggie Soup:**

- baby spinach
- parmesan cheese

### **Buffalo Chicken Chili:**

- plain Greek yogurt (small container)
- blue cheese crumbles
- chives

### **Maple BBQ Chicken:**

- veggie side (we love a slaw)

### **Asian Chicken:**

- veggie side (we love green beans or broccoli)

### **Balsamic Chicken:**

- parmesan cheese
- 1-2 zucchini for zoodles