Confessions of a **Fit Foodie**
eat clean. get fit. be happy.

Produce

- ❏ 9 c. diced fruit
- ❏ 3 apples
- ❏ 2 pears
- ❏ large bag of spinach
- ❏ large bag of kale
- ❏ 1 bag matchstick carrots
- ❏ 1 bag baby carrots
- ❏ 1 head celery
- ❏ 1 bell pepper
- ❏ 1 cucumber
- ❏ 5 1/2 c. strawberries
- ❏ 2 onions
- ❏ 15 cloves garlic
- ❏ 8 medium sw potatoes (about 10 cups)
- ❏ 1 spaghetti squash
- ❏ fresh basil
- ❏ 1 head of cauliflower
- ❏ 1 lemon
- ❏ fresh thyme (can sub dried)
- ❏ sm red onion
- ❏ 8 c. Brussels sprouts
- ❏ 7 1/2 c. green beans or broccoli
- ❏ 3 bananas

Pantry

- ❏ old fashioned rolled oats
- ❏ chia seeds
- ❏ 1 package flatout wraps
- ❏ 1 carton chicken stock
- ❏ Nut butter of choice
- ❏ baking powder
- ❏ pure maple syrup
- ❏ vanilla extract
- ❏ honey
- ❏ apple cider vinegar
- ❏ olive oil
- ❏ dijon mustard
- ❏ cooking spray
- ❏ pecans
- ❏ stevia
- ❏ air popped popcorn (2 bags or kernels) - can sub edamame

Canned

- ❏ 1 can black beans
- ❏ 1 (14.5 oz) can fire roasted tomatoes
- ❏ 28 oz can + small can crushed tomatoes
- ❏ 28 oz can tomato puree

Canned (cont'd)

- ❏ 1 can or jar of artichoke hearts
- ❏ 1 can chickpeas

Refrigerated

- ❏ *2 c. almond milk
- ❏ 19 eggs
- ❏ lg + sm container part skim ricotta cheese
- ❏ shredded cheddar cheese
- ❏ shredded mozzarella cheese
- ❏ parmesan cheese
- ❏ butter or ghee
- ❏ *add extra 1/2 tsp vanilla to oatmeal instead of using vanilla almond milk

Meat

- ❏ 1.5 lb chicken breasts
- ❏ 24 slices turkey bacon
- ❏ 1.5 lb ground turkey
- ❏ 2 lb spicy Italian turkey or chicken sausage
- ❏ 1.25 lb boneless skinless chicken thighs

IF drinking Shakeology, add:

- ❏ 5 Scoops/Packets of Shakeo
- ❏ 4 c. Almond milk
- ❏ Nut butter
- ❏ Chia seeds

Spices

- ❏ Cinnamon
- ❏ Himalayan or Sea Salt
- ❏ Black pepper
- ❏ chili powder
- ❏ cayenne
- ❏ paprika
- ❏ cumin
- ❏ onion powder
- ❏ garlic powder
- ❏ dried oregano
- ❏ Italian seasoning
- ❏ red chili flakes

Frozen

- ❏ Edamame (can sub popcorn)

Treat Swap Ingredients (optional)

- ❏
- ❏
- ❏

IF NOT drinking Shakeology, add:

- ❏ 5 single serve Greek yogurts (or 3 3/4 c.)
- ❏ Nut butter
- ❏ Chia seeds
- ❏ Cinnamon