

“ FAILING TO PLAN IS PLANNING TO FAIL ”
 - AL LAKEIN

The Menu Week

Monday

B _____
 L _____
 D _____

Tuesday

B _____
 L _____
 D _____

Wednesday

B _____
 L _____
 D _____

Thursday

B _____
 L _____
 D _____

Friday

B _____
 L _____
 D _____

Saturday

B _____
 L _____
 D _____

Sunday

B _____
 L _____
 D _____

The Shopping List

Protein

Produce

Fats

Misc

JESSICA'S GO-TO GROCERY CHECKLIST

Protein

- All natural or organic chicken breast/ thighs/whole chicken
- Ground chicken
- Grass fed ground beef
- Ground pork
- All natural bacon
- Farm fresh eggs (organic and cage free)

Fats

- All natural nut butter (peanut, almond or sunflower)
- Organic Extra Virgin Coconut Oil
- Organic Extra Virgin Olive Oil
- Avocado
- Nuts: almonds, walnuts, cashews

Vegetable

- Organic mixed greens/kale/spinach
- Broccoli
- Organic carrots
- Colored peppers
- Radishes
- Spaghetti squash
- Brussel sprouts
- Asparagus

Carbohydrate

- Organic quinoa
- Sweet potatoes/Russet potatoes/redskin
- Steel cut oats
- White rice

Fruits

- Bananas/Apples/Mangoes/lemons
- Frozen fruit: bananas, blueberries, strawberries

Miscellaneous:

- Plain Greek yogurt
- Dates
- Coconut and almond flour
- Pumpkin/sesame/chia/sunflower seeds/ ground flax
- Raw Honey
- Organic dried apricots
- All natural salad dressing
- Organic coffee
- SFH protein powder

